

fit & well

healthy starts here...

Slim Calm HAPPY

Lose 12lb, beat stress!

Corrie Catherine's

FAST FAT BUSTER

'How I dropped
2 dress sizes'

Wow! She
only gave birth
in March!

YES! Healthy comfort food



Low carb curry



Low sugar choc mousse

Skin that
glows!
Get it for
FREE

TONED ARMS

In 2 killer
moves!

Had your Vitamin N?

The energy boost
you have to try

NEW

Plus The £3.99 fine hair fix * 15% off Fitbug Orb

*Slimming
never
tasted
this
good*



THE HIGH PROTEIN BAR THAT WON'T RUIN YOUR DIET!

For the chance to get a **FREE SAMPLE** please email your name and address to advertising@usn.co.uk and add **FWBAR** to the subject line. Limited stock available.

Only effective when combined with a balanced, energy-controlled eating plan and regular exercise.



DISCOVER THE NEW GLOBAL USN RANGE

[W WWW.USN.CO.UK](http://www.usn.co.uk) [f USN UK](https://www.facebook.com/usnuk) [t @USN_UK](https://twitter.com/usn_uk) [i @USNUK](https://www.instagram.com/usnuk)

In this issue!

Diet right

- 12 The new flat tum diet secret** Lose 12lb in just six weeks - stress free!
- 22 How to fit in 5 a day** Simple ways to get to that magic number
- 34 #InstaSlim** Meals under 480 cals
- 38 Is chocolate really a superfood?** Oh, yes! It can be good for you!
- 40 Smart & speedy low GI lunches** Lovely meals that will keep you going
- 44 Skinny sweets!** Puds don't have to be fattening
- 60 Lose 7lb on the sweet treat diet** The plan for everyone
- 65 The good soup guide** Comfort food that's healthy, too

Page
34



Get fitter

- 16 Run less, burn more** Just 30 mins, three times a week is all it takes
- 28 Get Strictly fit!** Dance your way to a fabulous body
- 48 Toned arms in 30 days** Look your best in that party dress
- 58 15% off a fab Fitbit Orb!** Save £££s with our exclusive offer
- 62 Work your body, calm your mind** Exercises to make you stress less



Health & wellbeing

- 30 Be 100% healthier** Don't worry, we've done the hard work for you
- 51 5 foods to get you glowing** Feel radiant inside and out
- 56 Say no to stress!** Quick tips to make you feel calmer
- 68 Don't catch that cold!** Get through winter without a sniffle
- 71 6 apps that will change your life forever!** And some are free, too!
- 75 'Could a 9pm bedtime make me healthier?'** Our reporter found out
- 76 What's your confidence crash zone?** How to tackle whatever life throws at you
- 79 Boost your energy with vitamin N** Get outside to recharge your batteries

Looking good

- 24 So hot right now!** The best new gym kit
- 26 Glow in 60 seconds!** Fast-fix beauty products
- 66 Healthy hair bargains** Enjoy a great hair day, every day
- 72 Meet the natural beauty superheroes** Perfect skin without the chemicals
- 80 Can a gadget make you younger?** Real-life tests on the latest buys

Page
26



Every issue

- 11 Feel better fast**
- 21 Build the perfect Fry up**
- 43 Curb that craving** Sweet things you can have with your coffee
- 46 Meal makeover** Fried chicken
- 47 Feel better food**
- 55 What's better?** Get the latest health facts
- 59 Smart swaps** Italian meals
- 82 The one thing...** Kristina Rihanoff

Inspiration

- 6 'The moves that got my body back!'** Catherine Tyldesley on her post-pregnancy regime
- 14 We're not perfect but we've got our dream bodies!** Readers who are happy just the way they are
- 52 Getting fit changed my life** Read one woman's inspiring story

Page
52



Plus!
Eat Well
mini mag
starts on
p33



Welcome to fit & well



Meet our cover star



Feeling stressed?
I reckon if you asked
most women this
question, the answer
would probably be

yes! Our lives are so busy these days that frazzled seems to be a permanent state of mind! Which is why this issue has plenty of ways to help you de-stress, and get slimmer and fitter at the same time. From our easy chill-out tricks, to a diet that beats stress and gives you a flat tum at the same time. Brilliant!

And if you're feeling up for a challenge, our 30-day push-ups plan is the best bingo-wing blitzer I've ever tried.

Let us know how you get on!

Charlotte

We've been...



Canoeing

» Features writer Natalia has been toning her arms and abs while on holiday in France. 'There's nothing like some rapids to really get your heart rate up.'



Getting muddy

» Social media manager Becky took part in the 7K Nuts Challenge obstacle race. 'I'm still finding mud everywhere!'

Filming

» Check out the behind the scenes video from our cover shoot with Corrie star Catherine Tyldesley on Facebook and YouTube.



Hoopng

» Inspired by last month's 'my challenge' feature, Pic ed Sarah has caught the hula hooping bug. 'It's tough, but really worthwhile.'

Get in
touch!

Whether you're an
Instagrammer or a
Facebooker, here's
where to find us...



TWITTER
Follow or tweet us
@fitandwellmag



INSTAGRAM
Follow and share pics
@fitandwellmagazine



FACEBOOK
Facebook.com/
fitandwellmagazine



YOUTUBE
Visit the Fit & Well
Magazine channel

You've been...



what_kate_ate_86 This is me for the night... Tea, PJ's, soaps, fave mag & a few syns 🍵💤 #perfect #mondaynightchill

Relaxing

Looks like Kate (@what_kate_ate_86) is set for a cosy night in: PJ's, a cup of matcha tea and the latest issue of Fit & Well. Perfect!



zeenaxena I never buy magazines but the beauty @ariannachatz sent me a bundle of fashion, fitness & gossip zines & I must say I've found a new read. So many tips &

Joining in

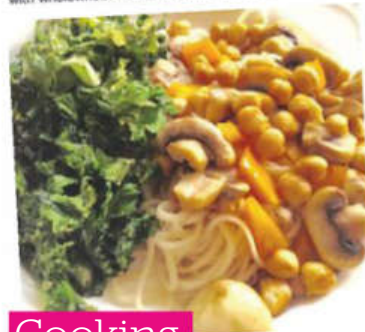
New Fit & Well fan Zaineb (@zeenaxena) has found her ideal brunch companion. Welcome on board, Zaineb!



Planking

After getting tips from the Fit & Well plank challenge video, Julia has been ticking off her wall chart. Keep up the great work!

Mushrooms, peppers & chickpea stir fry in coconut oil with wholewheat noodles & kale roasted in coconut oil



Cooking

Our mouths are watering just looking at Helena's delicious mushroom, pepper and chickpea stir-fry. #fitandwellfood

What's next?

Get *Strictly* fit

Been inspired by the svelte bodies on *Strictly*? Find out how you can twirl your way to a taut tum on p28.



The secret to a restful night

Not getting eight hours? Features editor Charlotte starts hitting the hay early. Find out if it made a difference on p79.

And relax...

Feeling frazzled? National Stress Awareness Day is 4 Nov, so wherever you see this logo you'll find easy ways to de-stress and unwind.



fit & well

Blue Fin Building
110 Southwark Street
London SE1 0SU
Tel: 020 3148 5000

Editor-in-Chief

Karen Livermore

Creative Director Dale Walker

Consultant Editor Jo Checkley

Editor Charlotte Richards

Art Director Deborah Hughes

Picture Editor Sarah Tully

Chief Sub Lee Fennell

Features Editor Charlotte

Haigh MacNeil

Consultant Celebrity Editor

Sara Nuwar

Food Editor

Katy McClelland

Writer Natalia Lubomirski

With thanks to

Becky Brannigan, Karen Smith,
Chris McPhail, Katie Archer,
Sarah Andrews and
Karen Wiley

Managing Director Fiona Dent

Publishing Director

Roger Cummings

Publisher Tom Smith

Head of Marketing Sian Cupid

Senior Marketing Executive

Emma Salter

Social Media Manager

Becky Coyne

For advertising

opportunities call

0203 148 2611

© Time Inc. (UK) Ltd, 2015.
Published by Time Inc. (UK) Ltd,
Blue Fin Building, 110 Southwark
Street, London SE1 0SU. Printed
by POLESTAR VARNICOAT.
Repro by Rhapsody.

All prices are correct at time of going to press. Time Inc. (UK) Ltd regrets that it cannot be liable for the safe custody or return of any unsolicited material, nor can we answer any letters or return submitted material unless accompanied by an sae. Time Inc. (UK) Ltd reserves the right to shorten or modify any letter or material submitted. By submitting this material you consent to Time Inc. (UK) Ltd reusing the submitted letter or material in any format or medium. Time Inc. (UK) Ltd also regrets that it cannot accept unsolicited fiction manuscripts. This periodical shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the front cover, and it shall not be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever.

Time Inc.

'The moves that got MY BODY BACK!'

After having her first baby,
Corrie actress Catherine
Tyldesley reveals
how she dropped
two dress sizes

Watching Catherine Tyldesley, 32, demonstrate her favourite exercises with trainer Nick Mitchell, it's hard

to believe she gave birth to Alfie, her son with partner Tom Pitfield, a personal trainer, just seven months ago. The *Coronation Street* star is in fantastic shape. Her body's taut and toned, her skin glows and she exudes vitality. Life as a working mum clearly suits her, but as she explains, it's her diet and exercise regime that gives her the energy she needs - and has helped her slim down from a size 14 post-pregnancy to a toned size 10...



**fit &
well**
Exclusive!

'I had to work to lose the baby weight'

After setting out to lose 2st, Catherine tells us she is almost back to her pre-pregnancy weight. 'I did it by eating sensibly and working out. I still have a few pounds to go, but I'm getting there. It's boring saying that moderation is the best way, but it's true. I don't agree with doing anything silly, like juicing for two months. I would never want to give out the wrong message.' The star knows this better than anyone because, as a teen, she was overweight and often on diets. 'I did every faddy diet under the sun. The grapefruit diet, the cabbage soup diet, weight loss shakes - I tried them all. Although I eventually lost 4st, I didn't feel healthy and I kept yo-yoing. Now I know more about nutrition, I understand

why - I was eating lots of processed stuff, cereals and sweeteners, which left me tired and bloated.'

'Eating clean works for me'

The key change for Catherine was learning about nutrition and fitness. 'Basically, I think if it runs, swims or grows in the earth you can eat it. I don't have any junk or processed food. The way I eat is quite Mediterranean, with lots of fish, vegetables and olive oil.' She often starts the day with a green drink, too. 'I love my Nutribullet! Green veg is the most nutrient dense food on the planet. I put loads in - spinach, kale, avocado, apple, celery - delicious! But I don't exclude any food groups. You don't have to cut out carbs, it's just a question of choosing the right ones. I have quinoa instead of rice and sweet potato instead of normal potatoes. Things like white rice spike your blood sugar and insulin, encouraging weight gain. I still have treats, I just make them myself. I might make pizza with a cauliflower base, or bake a gluten-free chocolate cake. And I'm not averse to a coffee - I'll have one or two cups a day.'

'I want Alfie to be active'

Catherine's so passionate about healthy eating, she has filmed a special episode of the *Tonight* programme on nutrition. 'Having Alfie is a real responsibility - I want to be healthy and strong for him, and I want him to grow up eating well and being active.' And although she tries to get most nutrients from her diet, she tops up with a few supplements. 'I take omega-3s, a multivitamin as insurance if I'm busy, and vitamin D, as most people in this country are depleted because we



During her pregnancy, Catherine made sure she kept fit

don't get enough sunshine.'

As for exercise, things have changed since she was a teenager. 'I didn't work out when I was younger - at school it's really hard when you're bigger if you have to do PE in a tiny skirt,' she says. 'I often used to forget my kit on purpose.'

'I've made exercise part of my life'

'However, over the past few years I've got really into weight training. I do a mix of that and high-intensity cardio. That's what really works in terms of body composition. It's great for me - I feel healthy and strong and my skin's glowing. And obviously everyone likes to look nice and feel good in their clothes. I've discovered that I'm quite oestrogenic - meaning oestrogen influences where I store fat. It tends to go from the waist downwards and onto the

» Turn over for Cath's fat-blitzing moves





backs of my arms. So the moves I love doing are walking lunges, squats and deadlifts – they’ve transformed my whole bum and thigh area. I can actually feel my backside crawling up my legs as I do them!’

Catherine carried on training when she was pregnant. ‘I went swimming a lot. It’s great all-round exercise and quite gentle, but generally I prefer a more aggressive approach to exercise. Even on days I don’t get to the gym, I look for opportunities. If I’m out on a long walk with the family and see a hill, I’ll pick up the pace and clench my glutes! It’s good to set yourself goals but, for me, exercise is a part of my life. Plus Eva’s [her *Corrie* character] dresses are clingy!’

‘My family time is me-time’

‘Weekends are always family time. Tom, Alfie and I might drive out to a National Trust place. Or we might take Alfie swimming, which is always fun.’ Despite her hectic schedule, Catherine tries to find time to relax. ‘During my pregnancy I did hypnobirthing, which was amazing, and since then I’ve meditated. Even if I just have 10 minutes at lunchtime to do a breathing exercise, it helps. I love Andrew Johnson’s meditation app – it isn’t cheesy like some of the American ones. I try to go for a massage once a month, and I love Indian head massage – it’s so relaxing.’

In fact, she confesses to being a real girly girl. ‘I use quite a lot of skincare products. I like Sarah Chapman Skinesis Overnight Facial – you really do wake up looking like you’ve had a facial. And I love having my hair and make-up done – especially now I don’t have much time to do it myself!’

» As well as starring in *Coronation Street*, ITV1, Catherine will appear in a special *Tonight* programme on 23 October, ITV1.

Catherine’s fat-blitzing moves

Simple exercises to shape up fast



With the help of trainer Nick Mitchell, founder of Ultimate Performance (upfitness.co.uk), Catherine shows us her favourite moves for toning your legs, bum and tum. Do the sequence in the order shown below, with three sets of 12 reps of each exercise. With the weights, Nick recommends going for the heaviest weight you can lift while hitting all the reps and maintaining good form.

» Swiss ball leg curl



Good
for your
LEGS

» Start with your feet on the ball, hips raised. Draw your feet in to pull the ball towards you, then roll back down again and repeat.

» Swiss ball pike



Good
for your
**CORE
& ABS**

» Start with your calves on the ball, body straight. Bend your legs, pulling the ball in towards you. Slowly drop back down to the start position and repeat.

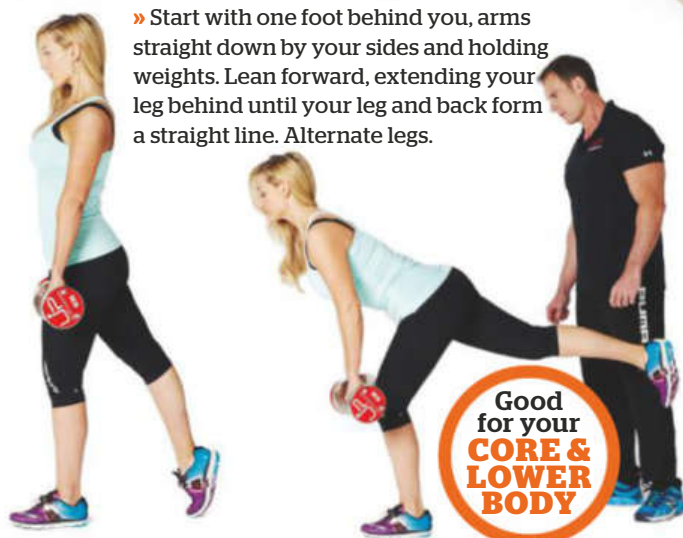
»Squat with weights



Good
for your
**BUM &
THIGHS**

» With your feet hip-width apart, squat down low, keeping your back straight and your hands with the weights close to your body. Return slowly to the start position, then repeat.

»Single leg deadlifts



Good
for your
**CORE &
LOWER
BODY**

» Start with one foot behind you, arms straight down by your sides and holding weights. Lean forward, extending your leg behind until your leg and back form a straight line. Alternate legs.

»Lunge



Good
for your
**BUM &
THIGHS**

» Holding weights, extend one leg behind you, front leg slightly bent, then lunge down low. Alternate legs.



Words Charlotte Haigh MacNeil **Photos** Nicky Johnston, Twitter, xpsaurephotos.com **Styling** Kellie Daggett **Hair** Carly Guy @VitalCreatives, using Cloud Nine, Beauty Works and Windle & Moodie **Make-up** Collette Casey @VitalCreatives, using Benefit and Lily Lolo **Catherine wears** (main photos) Game Changer Vest, £48, Every Second Counts (everysecondcounts.co.uk), bra (under), £32, Shock Absorber (jdsports.co.uk), Eszter Capri pants in Jet Black/Hot Pink, £60, ZAA ZEE (zaazee.co.uk), PureCadence 4 trainers, £110, Brooks (brooksrnning.com). Exercise photos: Niyama Yoga vest, £50, Sweaty Betty (sweatybetty.com), Energise Run Capri, £70, Sweaty Betty (sweatybetty.com), trainers, as before

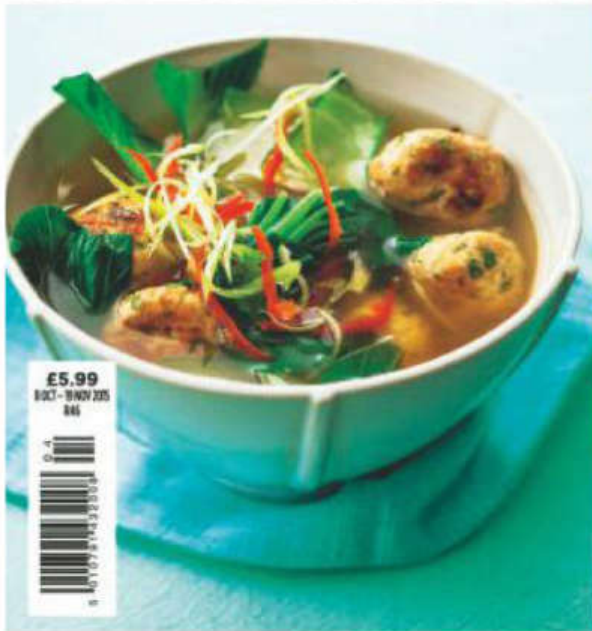
500 CALORIE DIET

ALL NEW

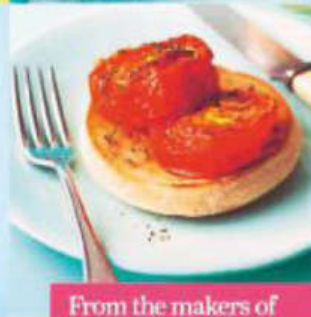


90 SPEEDY RECIPES FOR 2 DAY DIET DAYS

QUICK
& EASY!



£5.99
8 OCT - 10 NOV 2015
846



Single portion recipes * No cook meals * Snacks * Calorie lists

From the makers of
woman

PACKED WITH DELICIOUS NEW 5:2 DIET
RECIPES & IDEAS

ON SALE NOW!

feel**better**FAST

THAT'S CLEVER!

Plagued by chapped lips? Stash cult fave Dr Pawpaw Balm, £6.95, in your handbag. With fermented papaya, olive oil and aloe vera, it nourishes instantly.



TURN BACK TIME

Good news! Research shows that resveratrol, the antioxidant found in red wine, protects against damaging free radicals and boosts cell turnover - helping to keep your skin and body younger. The bad news is you'd need to drink around 1,000 litres a day to get the benefits! Stick to a glass or two and get the rest from a supplement, like Nature's Plus Age Loss, £47.50.



HIT or MYTH?

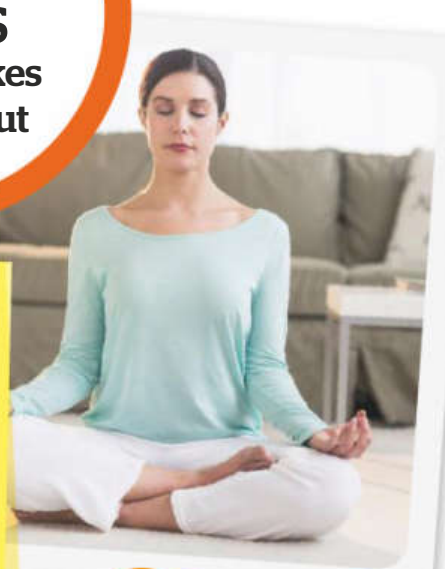
FEED A COLD, STARVE A FEVER	FALSE	You should just eat as normally as possible, whether it's cold or flu.
TEA AND COFFEE ARE HYDRATING	TRUE	They have mild diuretic effects, but that's compensated for by the water you add.
IT'S BEST TO EAT VEG RAW	TRUE	In some cases. Cooking can destroy sulforaphane, a cancer-protective nutrient in broccoli & other green veg.
YOU SHOULD BRUSH YOUR TEETH AFTER BREAKFAST	FALSE	Brushing before removes the plaque that reacts with food, preventing damaging acid production.
SKIPPING BREAKFAST MAKES YOU GAIN WEIGHT	FALSE	Even if you eat big meals later, you don't make up the calories you miss by going without breakfast.

10

hours
of sleep makes
you work out
harder

WHAT'S THE BEST TIME TO DO YOGA?

You'll be most active and energetic in the morning, so roll out your mat soon after you get up - especially if you want to shift some weight.



#fitandwellwisdom



Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations

#FITANDWELLWISDOM Regular exercise and healthy food turns your body into a well-tuned engine. Trust me.

Zoe Ball

The new **FLAT TUM** diet secret

The right eating plan can help you lose
12lb in six weeks and feel calmer, too...

Is stress making you fat?

According to nutritionist Charlotte Watts, author of *The De-Stress Effect* (Hay House, £12.99), it might be a key reason you're piling on the pounds. Luckily, you can get control of those stress-driven impulses to reach for cake. 'If you're giving your body the resources it needs to cope, you'll be less prey to the impulses that keep you at the mercy of cravings,' says Charlotte.

How does it happen?

When you're stressed, your brain needs glucose so it sends messages to encourage you to fill up on high-calorie food, which gets sugar into your bloodstream fast. So you're likely to reach for sugary, carb-rich snacks instead of healthy options.

» A high-carb meal leads to a surge of insulin. This brings your blood sugar down quickly, which can leave you tired and hungry and craving more high-carb food. Plus, over time, insulin encourages your body to store fat.

» Stress causes consistently raised levels of the hormone cortisol, which encourages your body to store calories as fat around the middle of your body.



THE stress less ISSUE!

DIET TREND

YOUR DIET GUIDELINES

» **AVOID ALL FORMS OF SUGAR AND REFINED CARBS.** That means steering clear of sweets, cakes, soft drinks, fruit juice, honey and white bread. This is key, because refined carbs push up insulin and keep you in the cycle of stress eating.

» **IDEALLY CUT OUT CAFFEINE AND ALCOHOL,** as these are stimulants that can aggravate stress. If you can't cut them out

completely, at least cut down to one tea or coffee a day, and no more than one alcoholic drink.

» **HAVE SIX TO EIGHT PALM-SIZED PORTIONS OF VEGETABLES DAILY,** and two to three portions of fresh fruit.

» **COOK WITH OLIVE OIL,** coconut oil or butter.

» **EAT MINDFULLY** - sit down with no distractions and chew every mouthful thoroughly. This



will help your digestion and your stress levels - and will help you realise when you're full so you don't over-eat.

» **PROTEIN** - eggs, meat, fish or shellfish - should make up a quarter or a third of each meal.

THE DIET PLAN

BREAKFAST

- » One or two poached, boiled or scrambled eggs with wilted spinach and a grilled tomato.
- » One poached egg, two rashers grilled bacon, four roasted cherry tomatoes, asparagus.
- » Bircher Muesli: rolled oats, nuts and seeds in water or yoghurt, grated apple, ground cinnamon and desiccated coconut.



LUNCH

- » High-protein soup such as chicken, lentil or pea and ham.
- » Roast beef slices with a salad of green leaves, avocado, asparagus and a sprinkle of goats' cheese.
- » Poached or scrambled eggs on sourdough toast with avocado.

DINNER

- » Chicken stir-fried with peppers, broccoli, ginger,



chilli and cashew nuts.

- » Lentil dahl with spinach.
- » Baked salmon with stir-fried cabbage and kale.

SNACKS

- » A piece of fruit.
- » A small handful of nuts and seeds.
- » A smoothie: blend half an avocado, half a can of coconut milk, 200ml pressed apple juice and a handful of berries.

Photos Getty Images, iStock

STRESS LESS TIP!

Choosing the wrong food can make you feel more stressed as well as causing weight gain. Refined carbs can increase the mood highs and lows triggered by stress hormones.

DON'T FORGET... STAY HYDRATED!

This is crucial as dehydration can cause bloating. But simply increasing the amount of water in a dehydrated body can be like watering a pot plant - the water goes straight through without being absorbed,' says Charlotte.

Try these tips instead:

- » **Drink coconut water** - it has the same balance of minerals as our blood plasma.
- » **Swap sugary snacks** for glasses of half-water, half-apple juice (the freshly pressed kind). Gradually build up to



drinking just water.

- » **Have herbal teas** - you can try making your own by pouring hot water onto fresh mint or fennel seeds.

We're not but we've **DREAM**

Most of us would like a flatter tum or women reveal why they love their

'I don't need to be a size 8'

Jackie Darlow, 46, lives in Kenilworth with her husband Peter and their sons Ben, 24, and Alex, 14.

I know a lot of people struggle their whole lives to get to a slinky size 8, but I'm two sizes bigger and have never been happier.

You see, just over a year ago I was 17st 8lb, far too big for my 5ft 2in frame, and did my best to

avoid mirrors. It's hard to pinpoint when my weight problems started, but at some point after I got married in my early twenties, healthy eating stopped being a priority.

At night, Peter and I would sit on the sofa watching a film and snacking on pizza and cakes. I noticed my weight creeping up, but despite trying every fad diet around, I'd soon get fed up.

Photo shock

By 44, I was a size 20 and on the verge of developing diabetes. But it wasn't the health issues that shocked me into doing something... it was a photo on Facebook. As my wobbly arms and double chin stared back at me, I fought back tears.

In February 2013, I joined my local LighterLife group. I swapped my greasy dinners for food packs and within a few days I was already feeling less bloated and, even better, I'd lost 2lb. By November that year I'd lost an incredible 7st, making me 10st 8lb.

I suppose I could have kept slimming, but, as a size 12, I felt just right. So, I started to eat normal meals again, but healthy ones. I might not be a catwalk model, but these days I'm more confident than ever.

» lighterlife.com



Jackie used to be a size 20 and weighed 17st 8lb at her heaviest

perfect got our **BODIES!**

bigger boobs. But these two bodies just the way they are

'I love my mum tum'

Emma Gill, 34, lives in Surrey with her husband Patrick and their son James, 22 months.

When I hear women complain about their 'mum tum', I find it hard to understand - what's a few extra pounds here and there when you've got a beautiful baby to show for it? I only feel pride when I look down at my post-pregnancy body.

When my husband Patrick and I decided to try for a baby in 2012, we were apprehensive about how long it would take to get pregnant. But we were thrilled when we found out we going to become parents after just two months. After the 12-week mark we went out to buy Babygros and toys.

Baby weight

I'd always been happy with my shape (and Patrick had too!) - curvy with a small waist and big boobs - but as the months passed, my body started to widen and soften, and I filled out around my hips, chest and waist.

Putting on almost 4st, I looked very pregnant, and getting around wasn't as easy as it had been. But I felt beautiful, and when James was born in November 2013 and I looked into his big blue eyes, I knew it had all been worth it.

Almost two years on, I'm still bigger than I was before. I'm not

quite back to my pre-pregnancy size 12-14 figure. Like most busy mums, I try to fit exercise in when I can. Anyway, I'm actually pretty proud of my round tummy, it's like my badge of honour.

If I'm ever having a 'fat day', I just remind myself that I created another human being - I can't think of anything more impressive than that!



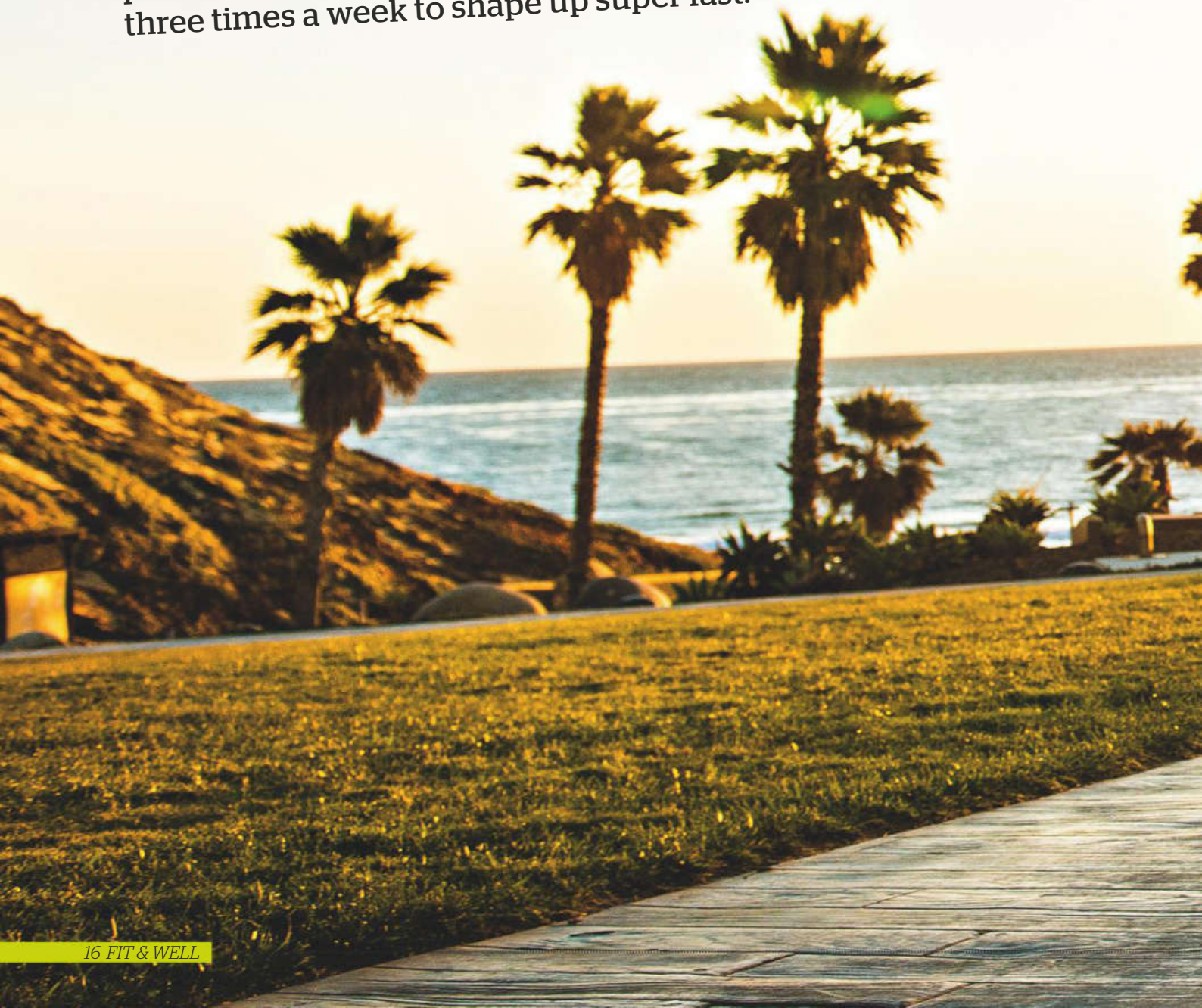
Emma on her wedding day, when she was a size 12-14



RUNTLES

burn more

We've put together the ultimate fat-burning running plan. The best news? It will only take you 30 minutes, three times a week to shape up super fast!





#FIT IN
30
minutes

Not only can running boost cardiovascular fitness, it can make you trim, too. It's the ultimate multi-tasking activity! In 30 minutes you can burn more than 300 calories. Plus it tones your thighs, glutes (that's your bum!) and even hones your waist.

'But to get the best results it's important you mix up your running workout, incorporating different distances, terrains and routines to keep challenging your body and prevent boredom setting in,' says personal trainer and weight-loss expert Lucy Wyndham-Read.

Best of all you can fit it into your schedule anytime, so it's ideal for busy working mums and it doesn't cost a thing! So, what are you waiting for?

Your *30 minute* running plan



Trainer Lucy Wyndham-Read

» Lucy says

'All exercise is great for your body, but when it comes to losing weight, it's hard to beat running. It burns calories like no other and will keep doing so long after your workout has ended. Including high-intensity running workouts into your regime will raise your resting calorie burn by 35 per hour for at least 10 hours. That means an extra 350 calories just by doing absolutely nothing! I've also added in a super quick, super easy resistance challenge each week to build strength and help you cope with the running plan.'

TIP

Visit the iTunes store for Lucy's top weight-loss audio books, where she guides you through each training session.

	WORKOUT 1 Power running	WORKOUT 2 Your HIT list	WORKOUT 3 Head for the hills	WORKOUT 4 4 minute body blast
GOOD FOR	Melting fat	Increasing flexibility	Burning calories and building stamina	Muscular endurance
WEEK 1	2 minutes 30 seconds gentle jog; 30 seconds faster pace Repeat 10x	Plug into your favourite upbeat playlist or radio station, then power walk during the verse of each song and jog through the chorus. Continue for 30 minutes	Run to the top of a hill and back down; run up $\frac{3}{4}$ then back down; run up $\frac{1}{2}$ then back down; run up $\frac{1}{4}$ then back down Repeat for 30 minutes	Do squats for 20 seconds; march on spot for 10; stand still, holding 2kg weights, then swing arms back and forth as quickly as possible (as if you're sprinting) for 20 seconds; march on spot for 10 seconds. Repeat 4x
WEEK 2	2 minutes 20 seconds gentle jog; 40 seconds faster pace Repeat 10x	Repeat as above	Repeat as above, but each week try to increase the number of runs	Repeat as above. If you want to push yourself, when you perform the squat, hold and pulse for 3, then jump up and repeat for 20 seconds. Increase weights if you need to challenge yourself
WEEK 3	2 minutes 10 seconds gentle jog; 50 seconds faster pace Repeat 10x	Repeat as above	Repeat as above, but each week try to increase the number of runs	Repeat as above
WEEK 4	2 minutes gentle jog; 1 minute faster pace Repeat 10x	Repeat as above	Repeat as above, but each week try to increase the number of runs	Repeat as above

STAY MOTIVATED

The key to shifting the pounds through exercise is to keep at it and not give up after a few weeks. Here's how you can stay on track and quickly reach your weight-loss goal.

» Stick to a schedule

Our workouts (left) are a great place to start. **Following a programme will help you stay motivated to run** - you'll know exactly what you need to do each week, and as each session builds on the next, it's harder to skip workouts.

» Run regularly

Aim for at least three sessions a week - heading out just once a week won't melt that fat. And those days you can't dedicate 30 minutes to working out, bash out a 4-minute muscle endurance exercise, instead.

» Leave your kit by the door

If your workout gear is waiting for you when you come in from work, you're much more likely to head out for a run. Otherwise you run the risk of getting comfortable at home and, instead of your gear, it's your motivation that's left at the front door.

» Reward yourself

Set yourself a realistic goal (whether that's losing 2lb or managing to complete one more hill rep in the allotted time) and reward yourself when you reach it - just make sure it's not with a slice of cake and a latte! Instead, treat yourself to a new running top (see the latest styles on p24).

LUCY'S FIVE TOP FUELLING TIPS

Eating is often the last thing on your mind when you're trying to lose weight. But it's crucial to fuel up pre and post exercise to boost energy levels and repair your muscles.

1 Breakfast

1 Bowl of porridge (palm-sized amount of oats). Oats have a low glycaemic index, so they release energy slowly throughout the day. Mix with unsweetened coconut milk, which contains less fat than semi-skimmed.

2 Pre-workout

Handful of pecan nuts and an apple Nuts are the perfect blend of protein, fats and fibre, allowing you to get the extra energy without them filling your waistline. Apples are low in calories, but high in muscle-boosting protein.

3 During workout

Lemon and lime water Avoid sports drinks, which can be packed with sugar (around 18g per bottle). Instead, rehydrate with water and squeeze in one

lemon and one lime. The natural sugars can fuel your muscles, increasing their endurance and strength during your run.

4 Post-workout

1 banana Packed with potassium, it will help mend and build muscles. And as it's a high-glycaemic carbohydrate source, it will replenish your energy quickly.

5 Dinner

Sweet potato mash with Greek yogurt, tuna, spring onion and chilli Complex carbs in the potato and protein in the tuna provide the ideal post-workout meal. Greek yogurt combines both - just avoid ones with added sugars, which might leave you feeling sluggish.



100% GUARANTEED TO GIVE YOU THE BEST ARMS OF YOUR LIFE **POWERSPIN**

“I've used a lot of different fitness equipment
and this is by far my favourite”



ALREADY OVER 200 ★★★★★ REVIEWS • JUST £19.99



VISIBLE, MEASURABLE RESULTS **100% GUARANTEED** WITHIN 30 DAYS

 **INTER
SPORT**

Argos

amazon

Build the perfect

FRY UP

The weekend favourite just got a healthy twist from nutritionist Ian Marber

FRIENDLY FATS

Avocados might contain fats, but they're the heart-friendly monounsaturated variety, which can help combat inflammation. What's more they're a rich source of vitamins B6 and C.

TRY Half an avocado, sliced, or mash it up for a healthy condiment.

HEART-HEALTHY ANTIOXIDANTS

Tomatoes are packed with vits A and C, potassium, folic acid and high levels of antioxidants, including lycopene, which can help prevent heart disease.

TRY 1 tomato, baked.

PACK IN PROTEIN

Protein can help boost energy and promote weight loss. One egg contains 6g, along with choline (essential for a healthy brain and liver), omega-3 fatty acids and vitamin B12 and D.

TRY Two organic eggs, scrambled.

CLEANER CUTS

Switch your usual pork sausages - which can be high in fat, salt and nitrates - for venison. The meat is packed with protein and iron, and low in calories.

TRY 1 venison sausage, grilled.

GUILT-FREE GRAINS

Bread provides essential vitamins, minerals and fibre and more than 10% of your RDA of zinc, magnesium and protein.

TRY A slice of fibre-rich bread, such as granary. If you need to eat a gluten-free variety, keep an eye on it toasting, as it can burn quickly.

MINERAL-MIGHTY MUSHROOMS

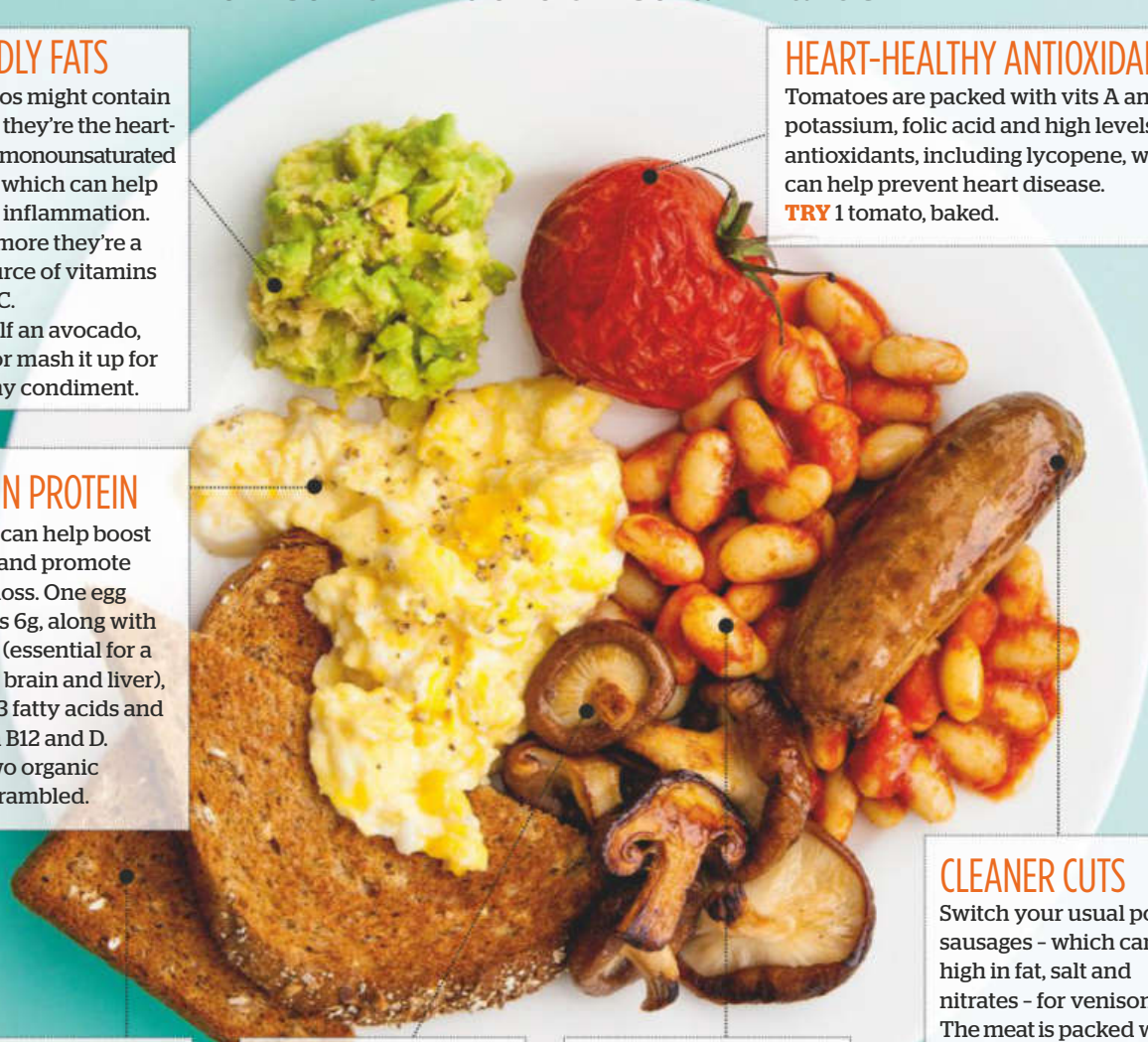
As well as the only natural vegan source of vitamin D, mushrooms are full of B vitamins and high levels of iron-absorbing copper and selenium - key for a healthy immune system.

TRY Lightly fried shiitake, which have high immune-boosting properties.

CHOLESTEROL-CURBING BEANS

Cannellini beans have a low glycaemic index, so they release energy gradually, and they're rich in fibre, so ideal for getting rid of cholesterol.

TRY 3tbsp cannellini, cooked, with tomato paste, a little veg stock and a pinch of turmeric.



#fitandwellfood



What combo will you go for? Use this hashtag to share snaps on Instagram
@fitandwellmagazine

How to fit in 5 A DAY

Eating enough fruit and veg is one of the best ways to stay healthy - but how do you get enough?

Research shows eating at least five portions of fruit and veg daily - equivalent to about 400g - keeps you healthy, lowering the risk of a range of illnesses, from cancer to diabetes and heart disease. One study also showed eating plenty of fresh produce gets your skin glowing. But most of us don't manage five a day - so how can you hit that target?

THE ROUGH GUIDE

A serving of fruit or veg usually equates to 80g. Here's the lowdown on what this actually means:

- » **two or more small fruit**, for example two plums, 14 cherries
- » **one medium fruit**, such as a pear or an orange
- » **a portion of a large fruit** - half a grapefruit, or a 5cm slice of papaya or melon
- » **3 heaped tbsp of cooked veg** such as carrots or sweetcorn

FRESH, FROZEN OR TINNED?

They all count, and you should aim to follow the same guidelines as for fresh fruit and veg. For example, you'd go for 3 heaped tbsp of fresh, frozen or canned peas.



- » **4 heaped tbsp of green veg**, such as broccoli, kale or spinach
- » **3 heaped tbsp of beans or pulses**. However, as these don't give you the same spread of vitamins and minerals as fruit and veg, even if you eat two or three portions, they only count as one.
- » **1 glass of fruit or vegetable juice**. High in vitamins and minerals but low in fibre, juice only counts as one serving.
- » **30g of dried fruit**

DID YOU KNOW?

Potatoes don't count towards your five-a-day. While they contain vitamin C, they're mainly a source of starch.



7 WAYS TO EAT MORE

Try these to boost your intake:

- 1 Sprinkle chopped fruit on your porridge or cereal
- 2 Have vegetable soup for lunch or a starter
- 3 Swap spaghetti for courgetti and rice for cauliflower
- 4 Have swede or sweet potato mash instead of ordinary potato mash
- 5 Stew fruit with a little honey and cinnamon for dessert
- 6 Chop extra veg into sauces and curries
- 7 Bulk up stews, chillis and casseroles by adding lentils or beans to your usual mix



SERVINGS OFF THE SHELF


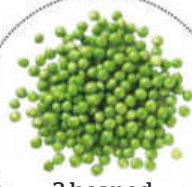






















WHAT ABOUT SMOOTHIES?

Whizzing up kale, spinach and berries every morning? As long as you have at least two 80g portions of fruit or veg in there, you're definitely getting two servings. But even if you stuff in more fruit and veg than that, your smoothie will still only notch up two servings, says dietitian Helen Bond. 'You're getting all the nutrients and fibre, but a smoothie can only count as two of your portions,' she says. 'And we know that even if you feel full after a smoothie, it won't affect your overall food intake, whereas if you have, say, a whole orange, it will.'

WHAT'S A PORTION? YOUR CUT OUT & KEEP GUIDE

				
Half a pepper	3 heaped tbsp peas	1 medium onion	1 medium apple	3 heaped tbsp cabbage
				
1 banana	3 heaped tbsp sweetcorn	Half a courgette	8 segments canned grapefruit	1 large sweet potato
				
7 strawberries	2 clementines	1 large slice pineapple	Half an avocado	2 heaped tbsp cooked spinach
				
2 broccoli spears	3tbsp lentils	1 handful grapes	1 dessert bowl watercress	4 heaped tbsp blueberries



Jacket, **£75**;
vest, **£42**;
shorts, **£47.50**

STYLISH WAYS TO WORK HARDER

The innovative new Human Performance Engineering tagline is 'Your body is the greatest thing you'll ever own' and with that in mind they created intelligent clothing which is scientifically proven to increase recovery, reduce inflammation and support muscles all combined with stylish designs. In sizes xs-l.



Vest, **£45**



Sports bra, **£45**

Sweat-wicking fabrics

So hot right now!

Refresh your gym kit with one of our favourite new collections



Leggings, **£70**

ON TREND EXPERT SPORTS GEAR

Tennis player Björn Borg's fitness collection has grown from functional tenniswear into a trendy sports empire. If standout prints and neon shades are your preferred gymwear, check out the latest collection. All sizes xs-xl.



Vest, **£50**



Slogan vest, **£30**



Jacket, **£70**



Sports bra, **£35**

Up to size 18

SMART KIT FOR REAL WOMEN

Designed with 35+ women in mind, Ilu's range is full of feminine, stylish designs that don't compromise on comfort and functionality. Their tops have longer lengths as standard and use innovative technology to create seamless garments using breathable materials. Sizes s-l.



Zip-up top, **£75**



Vest, **£42**

Sports bra, **£30**

Leggings, **£60**

Flat-tum panel

Built-in bra

Leggings, **£74**

Vest with built-in bra, **£69**



Long-sleeved top, **£42**



Extra long, no gaps!



Zip-up top, **£70**



LOOKS GREAT, COSTS LESS

Supermarket favourite Asda has brought out a new range of sportswear in eye-catching prints and bold colour. So if it's affordable sportswear you're after, this is the collection for you. All sizes xs-xl. Available in stores nationwide.



Vest, **£8**



Sports bra, **£6**

Just £6!

Leggings, **£10**



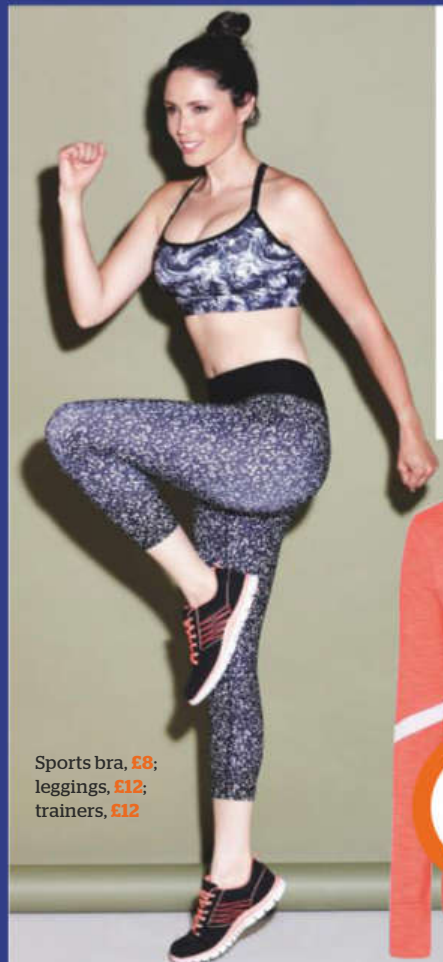
Shorts, **£8**



Only £12!

Hoodie, **£12**

Sports bra, **£8**;
leggings, **£12**;
trainers, **£12**





GLOW

in 60 seconds!

Dullness? Blemishes? Flaking? You only need one minute to turn things around and look your very best

Oil slick!

Whenever your skin starts feeling a little bit tight, you need to get oiling. Treat parched skin to **Kiehl's Daily Reviving Concentrate, £36**. It sinks in as soon as you apply to give skin an intense hit of hydration, and a tiny drop goes a long way, making it totally affordable when it comes to cost per use.

Spot of bother

Blemishes are a pain in the beauty bum. When they appear, keep the area super clean and dab on antiseptic cream. Tempted to squeeze? Leave red spots alone - instead, cover with make-up. Ones with a white head? OK squeeze, but use a baby wipe between the spot and your fingertips.

Eat more water

Excessively dry, flaky skin is caused by limited moisturising and not taking enough H₂O on board. Just downing pints of the pure liquid stuff isn't enough, you need to add food items like cucumber, celery and watermelon to your diet as the body can hold on to this water for longer and harness its plumping powers.

Eye, eye

Skin around the eye is very delicate and should be treated with TLC. The amazing **Elemis Pro-Radiance Illuminating Eye Balm, £34**, uses a special applicator to ensure soothing arnica and chamomile glides on where it's needed most.

That's clever!

Wake up a tired face by scribbling over the very tops of your cheekbones with Burberry Fresh Glow Highlighting Pen in Nude Radiance, £25, then blending with fingertips. It bounces back light to make you look less snoozy. Clever.

Tag team

Want the freshest face around? You have to double cleanse. Why? Because any dirt or make-up residue on skin can cause a 'meh' effect. Take 30 seconds to use fun and foamy **Ole Henriksen Empower Foaming Milk Cleanser, £20**, to remove the first layer of grime, then another 30 secs to soak a cotton pad with **Soap & Glory Drama Clean 5-in-1 Micellar Cleansing Water, £6**, before going over that face of yours again. Squeaky clean doesn't even cover it - dullness will be a thing of the past.

Power oats

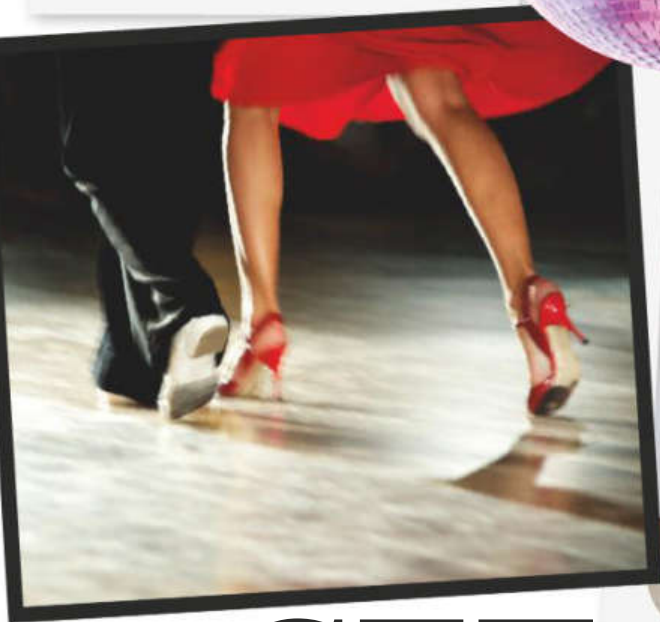
Ditch full-on flakiness and pop down to the kitchen. Take some porridge oats, add a tiny bit of cool water then buff over very dry patches. Also try **Eucerin Aquaphor Skin Soothing Balm, £9**. Slick on pre-bed and wake up flake-free.

Raindrop effect

How you apply your product is as important as what you apply. With a little of your product on your fingertips, pitter patter it over your face. Doing this, raindrop style, ensures even coverage and stimulates blood flow. Winner.

Tea break

Of course you know supping a cup or five of green tea is super good for you, but once you've made your cuppa keep the tea bag to one side. Once cool enough, dab all over your face for instant de-puffing.



GET *Strictly fit!*



Been inspired by the dances on *Strictly*?
Choose one to suit you and flick, twist
and spin your way to a toned body...

SALSA

What is it? Originating in 1970s New York, salsa's a lively partner dance with strong elements of other Latin dance styles, such as mambo, cha-cha-cha and samba. 'Salsa' is Spanish for 'sauce' and it's a great dance for bringing out your sassy, sexy side!

What does the dance involve?

The footwork might look fast and fancy, but most of the movement comes from the hips. You do the basic salsa step by moving your weight from one foot to the other, with three weight changes in

every four beats of music, followed by a pause, a tap or a kick. Your upper body stays level - that gives you the distinctive salsa hip action. You can learn the basic steps in a lesson - but the arm work, turns and wiggles take a bit longer to master.

Where should I wear? You'll get hot, so go for light clothing. Shoes with a slim heel work best.

Good for... Toning up your arms and bum, as well as overall aerobic fitness.

NO
PARTNER?
NO PROBLEM!

In most classes, you rotate partners throughout the lesson.



ARGENTINE TANGO

What is it? Hailing from the brothels and bars of Buenos Aires, the Argentine tango was originally the dance of a prostitute and her client or pimp.

The movements are bold and dramatic – for *Strictly* lovers, think former pros Vincent Simone and Flavia Cacace, who specialised in the dance.

What does the dance involve?

Tango is danced with slightly bent knees, making it an excellent thigh workout. You're in a tight, close hold with your dance partner, and there's some intricate foot and legwork, as well as dragging movements, swivelling and some jumps. The eight basic steps are fairly straightforward, but add in the correct posture and the more intricate footwork and it can take some time to learn to do it well.

Where should I wear? A swishy skirt can add a touch of flamboyance. You need shoes with a bit of a heel to do the dragging steps and toe points, or a pair of professional Latin dance shoes.

Good for... Toned thighs and arms, posture, balance and coordination.

It's also a fantastic core workout.



FIND A CLASS

To find dance classes near you, type your location and the dance style into your search engine or visit dancesport.uk.com/studios

'I danced myself fit'

Rachel Hutchinson, 33, a civil servant from north London, has taken up lindy hop classes. 'I decided to start learning lindy hop a year ago because I really love the music. I go alone – my husband, Tom, doesn't like dancing – and our teacher, Simon, makes us rotate partners, so I get to meet lots of different people.'

The class is informal, fun and energetic. The lesson lasts for an hour and my heart rate is up the whole time. My general aerobic fitness has improved and I'm much more nimble on my feet. My core strength has also improved – you



have to hold quite a steady frame and, because you're moving at speed, you have to maintain strength in your position. The big thing about the dance class, for me, is that it's exercise but also fun in its own right.

I can't help smiling and laughing. It's also boosted my confidence, because in Lindy hop you almost have to play-act a character, so I've learnt to shake off any self-consciousness about dancing.

The combination of the music and dance always leaves me feeling energised. I love attending the social dances, too – dancing to a live big band is hard to beat.

» Lindy hop, from £8 a lesson, swingdanceuk.com

LINDY HOP

What is it? Originating in Harlem in the 1920s and '30s, lindy hop is a fast, energetic swing dance with a jazzy feel. It's full of kicks, acrobatic lifts and spins, with some steps taken from the Charleston and tap dancing.

What does the dance involve? A lot of bounce – it's danced on the balls of your feet. Lindy hop is about having fun, improvising and connecting with your partner. The basic steps are fairly easy, made up of six and eight count rhythms, and you should be able to get onto the dancefloor after just one lesson.

Where should I wear? Go for comfortable, flat shoes with closed toes.

Good for... General fitness, balance, coordination and core strength.



Rachel has fun and gets fit at lindy hop

Be 100% healthier

Making a few small lifestyle changes can make a big difference to your health. Don't worry, we've done the maths for you...



11% GET HAPPIER

Whoever thought Facebook could be good for your health? But according to researchers at the UK's Open University, looking through photos can be the ultimate pick-me-up. Results found that viewing pictures made people feel 11% happier and was more of a mood booster than chocolate or TV. Who knew!

20% Melt belly fat

For a slimmer waist, schedule a HIIT session into your weekly workout. A US study found that those who did a shorter, high-intensity routine had a 20% drop in visceral (deep abdominal) fat in just three months, compared to those who worked out for longer but at a less intensive rate. Even if you can't keep the pace up for long, alternate short, fast bursts of exercise with longer recovery periods.

10% Improve your bones

Now there's even more reason for that 4pm cuppa (just maybe skip the biscuit!) - it could help give your bones a boost. A Cambridge medical study discovered a daily cup of tea increased density by 5%, which translates to a 10-20% reduction in fracture risk.

15% Lower stress

Stress causes levels of cortisol (the stress hormone) to rise, reducing calorie-burning potential, but '18 minutes of walking three times a week can lower it by 15%', says Shawn Talbott, author of *The Cortisol Connection*.

20% Brain boost

Got a busy day ahead? Then start your morning off with a blueberry smoothie. 'Blueberries are rich in flavonoids that can increase blood flow to the brain,' explains nutritionist Jack Challem. Just 200ml of the stuff can increase your powers of concentration by a fifth.



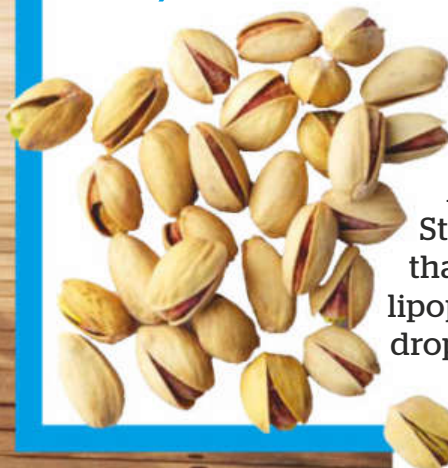
13%

Increase chances of conception

If you want to get pregnant it might be worth booking a beach holiday. Vitamin D, 90% of which is made naturally from sunlight exposure to our skin, helps boost levels of female sex hormones progesterone by 13% and oestrogen by 21%. This can help regulate menstrual cycles, making conception more likely. It can also increase male fertility, as it's essential for healthy sperm development.

11%

Cut cholesterol



Want a healthy snack to keep hunger pangs at bay? Eat a handful of pistachios twice a day.

A study by Pennsylvania State University found that levels of low-density lipoprotein (bad cholesterol) dropped by over 11% after a few weeks.

5 clever tips to get a little bit healthier now

1 Make cakes for a charity cake sale or water your neighbours' plants - a study revealed that those who volunteer or perform little acts of kindness are less likely to suffer from heart disease than people who don't.



2 Yoga teaches you how to breathe deeply, but did you know that practising the cobra and downward dog could ramp up your lung capacity by 7%?



3 Swap your morning latte for a black coffee. You'll still get your caffeine fix, but you'll save 695 calories a week and it'll jump-start your digestive system.

4 Going square-eyed looking at the computer all day? Save your sight by following the 20-20-20 rule - every 20 minutes look at something 20 feet away for 20 seconds.

5 Shave the fat off foods in a matter of seconds. Simply blot your food with a paper towel to soak up excess oil and you can reduce the fat content by 14%.



On sale
from
16 Oct

KICK-ASS STYLE

FIGURE-FLATTERING CLOTHES
YOU CAN ACTUALLY AFFORD

PLUS: Check out our new style advice videos at:
womanmagazine.co.uk/modernnotmutton



Eat well!

Healthy » Fast » Delicious!

23

good-for-you food ideas



⌘ Low-fat comforting puds



⌘ Quick diet dinners



⌘ Healthy 'fried' chicken

» We help you choose the healthy option, whatever your diet

Low cal

Mains under 500
Snacks/desserts under 150

Low fat

Under 14g of fat for main meals

Low sugar

Less than 5g of added sugar per serving

Low salt

Contains 1.5g of salt or less per serving

High protein

At least 20% of cals come from protein

High fibre

6g (or more) of fibre per portion

Low sat fat

Less than 3g of saturated fat per serving

Gluten free

Contains no gluten products

2

The portions of fruit and/or veg per serving

#InstaSlim

» Tasty low-cal dinners all under 480 cal



Nice 'n' spicy Thai beef salad

Low
sat fat

High
protein

373 calories
11g fat (3g sat)
31g carbs

Prep time **25 mins**
Cooking time
10 mins
Serves **4**

YOU WILL NEED

- 1tbsp agave syrup (from supermarkets and Holland & Barrett)
- » 2tbsp Thai fish sauce
- » 2tbsp rice vinegar
- » 1tbsp sweet chilli
- » juice 1 lime
- » 1 cucumber
- » 3 medium carrots
- » 200g green beans, trimmed, blanched and refreshed
- » 4 spring onions, sliced
- » ½-1tbsp vegetable oil
- » 300g ready-cooked

noodles (we used udon)

- » 450g sirloin steaks, about 2.5cm thick
- » 4tbsp chopped coriander
- » 2tbsp roughly chopped peanuts, toasted

WHAT TO DO

- 1 Mix together the agave syrup, fish sauce, rice vinegar, sweet chilli and lime juice to make a dressing.
- 2 To make the salad, peel the cucumber with a swivel peeler. Using the

same peeler, make ribbons of the flesh by dragging it down, stopping when you get to the seeds. Repeat the process with the carrots and set aside. Toss the green beans with the cucumber, carrots and spring onions, and pour over half the dressing.

- 3 Heat a frying pan with a little oil, and fry the noodles for about 2 mins, until they begin to colour. Once cool, toss through the cucumber mix, then heat the

same pan until sizzling hot.

- 4 To cook the steaks, season and lightly oil, then cook on each side for 3 to 4 mins if you like it fairly rare, or longer if you prefer it well cooked, then allow to rest for 5 mins. To serve, slice the steaks, toss through the salad with most of the coriander and peanuts, and divide between 4 plates, scattered with the remaining coriander and peanuts. Serve immediately.

North African chicken

Low
calHigh
protein

340 calories
15g fat (5g sat)
00g carbs

Prep time **10 mins**

Cooking time

40 mins

Serves **6**

YOU WILL NEED

- » 4-6tsp harissa paste
- » 8 chicken thighs, trimmed of excess fat and skin
- » 1tbsp olive oil
- » 2 onions, peeled and thickly sliced
- » 2-3 garlic cloves, peeled and sliced
- » 2 sweet potatoes or 4 medium potatoes, or a mixture of the two, peeled and cut into big chunks
- » 2 preserved lemons, rinsed and sliced (scoop out the flesh and slice skin)
- » 600ml hot chicken stock
- » 150ml tub Greek yogurt
- » Good handful roughly chopped coriander
- » Couscous or red rice, to serve

WHAT TO DO

- 1 Rub half the harissa paste into the chicken thighs and marinate for 1-4 hours.
- 2 Heat a slow-cook pot or the oven to 160C, gas 3. Warm the oil in a large frying pan, add the chicken and fry on each side until browned. Set aside.
- 3 Pour off almost all the fat, then fry the onion and garlic. Add the rest of the harissa and cook for 1 min.
- 4 Add the potato, preserved lemon and stock. Bring to the boil. Pour into the pot, add the chicken and simmer for 30 mins, or cook in a casserole in the oven for 25-30 mins.
- 5 Season, then serve with a dollop of yogurt and sprinkle of coriander.

Speedy low-cal salmon laksa

YOU WILL NEED

- » ½tbsp sunflower oil
- » 2tbsp Thai red curry paste
- » 125g mushrooms, sliced
- » 1tsp fish sauce
- » 200ml reduced fat coconut milk
- » 200ml fish stock
- » 2 salmon fillets
- » 1 red chilli, deseeded and chopped
- » juice 1 lime
- » 2 spring onions, finely sliced
- » Large handful coriander leaves, chopped
- » 100g cooked rice noodles

WHAT TO DO

- 1 Heat the oil in a saucepan, cook the curry paste for 1 min, add the mushroom and cook for another minute.
- 2 Add the fish sauce, coconut milk and stock, bring to the boil then add the salmon fillets, simmer for 10 mins.
- 3 Remove the fish, stir in the chilli, lime juice, spring onion and coriander. Spoon the curry over the noodles and flake the salmon on top, sprinkle over any leftover coriander.

Low
calHigh
protein

431 calories
28g fat (9g sat)
7g carbs

Prep time **5 mins**

Cooking time

15 mins

Serves **2**

Gardener's vegetable & lentil pie



YOU WILL NEED

- » 150g red split lentils
- » 600g potatoes, quartered
- » 1tbsp grapeseed oil
- » 1 large onion, chopped
- » 2 large carrots, diced
- » 2 large parsnips, diced
- » 3 sticks celery, chopped
- » 2 garlic cloves, sliced
- » 1 litre vegetable stock
- » 2tbsp sundried tomato paste
- » 4tbsp milk
- » 2tbsp olive oil
- » 3tbsp chives, chopped

Low fat Low sat fat High fibre

304 calories
7.5g fat (1.5g sat)
45g carbs

Prep time **20 mins**

Cooking time

50 mins

Serves **6**

WHAT TO DO

1 Put the lentils into a pan and cover with boiling salted water. Simmer for 20 mins until tender.

2 Meanwhile, bring the potatoes to the boil, then simmer for 15 mins until they're tender.

3 Heat oven to 200C, gas 6. Heat the oil in a pan, add the onion and cook for 5 mins to soften. Add the carrots, parsnips, celery and garlic and cook for 5 mins.

4 Add the stock and tomato paste and simmer for 20 mins. Drain the potatoes, return to pan, season and add milk and olive oil. Mash until smooth. Drain any excess liquid from the lentils, stir into the veg mixture, then tip into a large ovenproof dish. Top with mashed potato. Put in the oven for 20 mins; garnish with chives.

Healthier-than-it-looks creamy curry

YOU WILL NEED

- » 1 onion, peeled and roughly chopped
- » 4 garlic cloves
- » 65g fresh coconut pieces
- » 1 red chilli, seeds removed
- » 1tsp black peppercorns
- » 1tbsp oil
- » 1tsp black mustard seeds
- » Large handful fresh curry leaves
- » 1tsp turmeric powder
- » 1 tomato, deseeded
- » 200ml fish or vegetable stock
- » 250ml reduced-fat coconut milk
- » 320g monkfish or other white fish, cut in chunks
- » Good squeeze lime juice

WHAT TO DO

1 In a blender, whizz the onion, garlic, coconut, chilli and peppercorns; set aside. Heat the oil in a wide, heavy-based pan.

2 Add the mustard seeds; once they start to pop, add the curry leaves, cook for 30 seconds then add the onion paste. Turn down the heat slightly and cook for 5 mins, then add the turmeric, tomato, stock and coconut milk. Simmer gently for a further 10 mins.

3 Add the fish, cook for 10 mins. Season and add a squeeze of lime. Serve with dahl or brown rice.

Low cal High protein

202 calories
14g fat (9.5g sat)
4g carbs

Prep time **5 mins**

Cooking time

25 mins

Serves **4**



Slimmer's posh dinner white wine chicken



YOU WILL NEED

- » Olive oil spray
- » 4 chicken thighs, boneless and skinless, (around 325g), roughly chopped
- » 1 medium onion, sliced
- » 1 garlic clove, sliced
- » 1 red pepper, cut into chunks
- » 200ml dry white wine
- » Large handful parsley, chopped
- » Green beans and cooked brown rice (100g raw weight), to serve

WHAT TO DO

- 1 Heat a large sauté pan to medium-high, then spray lightly with the olive oil. brown the chicken thighs and set aside.
- 2 in the same pan, add the onion and sauté for 2 or 3 mins or until lightly browned. Add the garlic and red pepper chunks, and cook for another minute.
- 3 Return the chicken to the pan and add plenty of seasoning, then pour in the white wine and bring to the boil.
- 4 Reduce to a gentle simmer and cover with a tight-fitting lid. Leave to cook for 15-20 mins. Season to taste and stir in the parsley when ready. Serve with green beans and brown rice.

Low
sat fat

Low
fat

473 calories
7g fat (2g sat)
47g carbs

Prep time **5 mins**
Cooking time
30 mins
Serves **2**

Lighter 'spaghetti' Bolognese

YOU WILL NEED

- » 1½tbsp rapeseed oil
- » 1 large onion, peeled and finely chopped
- » 1 carrot, finely chopped
- » 1 stick celery, finely chopped
- » 2 garlic cloves, peeled and grated
- » 400g extra lean minced beef
- » ½tsp dried oregano
- » ½tsp chilli powder
- » 600g passata
- » 1tbsp semi-skimmed milk
- » 1 large butternut squash
- » ¾tbsp finely chopped flat-leaf parsley
- » 1tbsp finely chopped basil leaves

WHAT TO DO

- 1 Heat the oil in a large pan. Add the onion, carrot and celery and cook over a medium heat for 5 mins. Add the garlic, mince, oregano and chilli. Stir and fry for another 4 mins.
- 2 Add the passata and milk. Stir well, then bring to the boil and simmer for 40 mins.
- 3 Use a spiralizer or julienne peeler to cut the squash into spaghetti-like strands. Heat 50ml of water in a pan over a low heat, add the squash and cook for about 4 mins to soften.
- 4 Stir the parsley and basil into the Bolognese. Drain any excess water from the squash 'pasta', divide between warmed bowls and top with the Bolognese.



Low
fat

Low
sat fat

High
fibre

304 cals
9g fat (2.5g sat)
26g carbs

Prep time **10 mins**
Cooking time
50 mins
Serves **4**

Is CHOCOLATE *really* a superfood?

Good news... yes, chocolate or, to be exact, cocoa can actually be good for you. Here's why...

What you need to know

» Chocolate is made from roasted cocoa beans.

Remove the thin outer shell of the beans, break into small pieces and you get the first food product - the cocoa nib. This is the purest cocoa product, so has the highest concentration of health benefits. Raw chocolate is roasted at a much lower temperature, potentially preserving much more of the healthy goodness.

» The nibs are then ground to a paste called **cocoa mass**, which includes the cocoa solids (the chocolate part) and cocoa butter (the fatty bit). The fat is essential for that creamy texture, but is sometimes replaced with cheaper unhealthy fats, so check the label and avoid chocs with vegetable fat added. The cocoa solids can be further processed into cocoa powder at this point.

Buy the best

» **Look for the percentage of cocoa solids** in the ingredients, which shows how much cocoa is actually in there, minus the fats. Dark chocolate is best with at least 70% solids. The cocoa solids and cocoa butter are then further refined and tempered to create the smooth chocolate we all know.

Sugar, milk or flavourings are also added at this stage, so keep an eye on the sugar in the ingredients too.

» **Heavily processed or sweetened products don't count in the superfood line-up**, so read those labels and get the purest chocolate to reap the benefits - and eat in moderation!

What's so good about it?

» **Cocoa nibs pack an extra healthy punch** as they are the most natural form of chocolate. They're rich in fibre (for digestive health) and iron (essential for the creation of red blood cells).
» **Chocolate's superfood fame is mainly due to its antioxidant properties.** These help fight cancer-causing free radicals.

» **Chocolate is rich in magnesium, essential for healthy nerve and muscle function.** It's also high in manganese and zinc for a healthy immune system.
» **Cocoa makes you feel good!** It contains tryptophan, an essential amino acid needed by the brain to produce serotonin - the 'happy chemical'.

Our best buys

- » Lovechock raw chocolate bars, £2.69, detoxyourworld.com
- » Naturya Organic Cocoa Nibs, £8.99, Holland & Barrett
- » Divine 70% Dark Chocolate, £2, Waitrose.



Get cooking!

Chocolate
mousse

YOU WILL NEED

- » 165g 70% dark chocolate
- » 6 large eggs, separated
- » 1tbsp cocoa nibs

WHAT TO DO

- 1 Melt the chocolate in a heatproof bowl over a pan of gently simmering water, then set aside to cool.
- 2 Mix together the cooled melted chocolate and egg yolks until just combined (be careful not to over mix as it will become too stiff). In a glass bowl, whisk the egg whites until stiff, then gently fold into the chocolate mixture. Using a spoon or piping bag, divide between 6 serving glasses and chill for at least 4 hours.

Low
sugarGluten
free**244 calories****14.5g fat** (7g sat)**17g carbs**Prep time **10 mins**,**plus chilling**Serves **6**

Chocolate & pear strudel

YOU WILL NEED

- » 3 pears, peeled, cored & sliced
- » 1tsp ground mixed spice
- » 2tbsp cocoa powder
- » 50g light muscovado sugar
- » 50g amaretti biscuits, crushed
- » 50g 70% dark chocolate, roughly chopped
- » 5 sheets filo pastry
- » 1 large egg, beaten
- » 1tbsp icing sugar

WHAT TO DO

- 1 Heat the oven to 190C, gas 5. Toss the pears with the mixed spice, half the cocoa powder, sugar, biscuits and chocolate.
- 2 Lay a sheet of pastry on a clean work surface and brush with half the egg. Repeat with the remaining sheets, laying each one on top of the other.
- 3 Spoon the pear mixture down the centre of the filo, leaving a 5cm border. Tuck the shorter ends over the filling, then roll up. Place on a baking sheet, with the join underneath.
- 4 Brush with the remaining egg and bake for 25-30 mins until golden. Dust with the icing sugar and the remaining cocoa powder.

Low
fatLow
sat fat**165 calories****5 g fat** (2g sat)**25g carbs**Prep time **20 mins**

Cooking time

30 minsServes **10**

#fitandwellfood



Use this hashtag to share your chocolate creations with us on Instagram @fitandwellmagazine

7 smart & speedy LOW GI LUNCHES

» A low GI lunch releases energy slowly, so you don't get an energy high followed by an afternoon crash



Mackerel & superfood salad

» **Brilliant for** keeping heart healthy

» Heat a grill to medium. In a bowl mix together **3tbsp wholegrain mustard**, **2tsp olive oil** and the **zest and juice of 1 lemon**.

» Put **4 mackerel fillets** on a wire rack and cover with two-thirds of the mustard paste. Grill for 2 mins on each side, cool a little, then flake.

» Meanwhile, cook **125g Tenderstem broccoli** for 3 mins, then drain.

» Mix the drained and rinsed **mixed beans from a 400g tin** with a **small handful of chopped mint**, **2 courgettes**, finely sliced lengthways, almost all a **finely chopped chilli**, **2tsp olive oil**, the rest of

the **mustard paste** and **25ml red wine vinegar**.

» Put the beans mix, broccoli and mackerel on plates, then garnish with **mint and chilli**.

WHY IT WORKS It's rich in omega-3 fats which help to prevent heart attacks by thinning the blood, making it less likely to clot.

High
fibre

Low
fat

349 calories

22g fat (4g sat)

9g carbs

Prep time **10 mins**

Cooking time

5 mins

Serves **4**



High fibre High protein Gluten free

376 calories
14g fat (4g sat)
37g carbs
 Prep time **10 mins**
 Cooking time
25 mins
 Serves **6**

Blackbean stew

» **Brilliant for** staving off hunger pangs

» Heat **1tbsp sunflower oil** over a medium heat. Add **100g sliced chorizo** and **275g ham**, and stir-fry for a few mins. Add **1 sliced onion** and **2 crushed cloves garlic** and cook for 5 mins.
 » Stir in **500g sweet potato**, cut into chunks, **1 red pepper**, cut into chunks and **1 finely chopped green chilli** or **½tsp chipotle paste**. Add a **400g can chopped tomatoes**, then a canful of **hot water**.

» Bring to the boil, reduce the heat to low, cover and simmer for 15 mins, or until the sweet potatoes are just tender.

» Add the drained and rinsed **black beans from a 400g tin** and cook, uncovered, for 5 mins. Carefully mix in **1 chopped mango**, season well, then top with a **handful of chopped coriander** and **serve with flatbreads**.

WHY IT WORKS The high protein and high fibre will help you feel full for longer.

Kale Caesar salad

» **Brilliant for** keeping blood healthy

» In a blender, mix **2 large egg yolks**, **2 cloves garlic**, **1tsp mustard powder**, **1tsp Worcestershire sauce**, **4 splashes Tabasco sauce** and **2tbsp white wine vinegar**. With the motor running, gradually add **150ml olive oil** through the feed tube until the dressing is thick and smooth. (The dressing makes 8 servings and will keep in a sealed container in the fridge for 5 days).

» Cover **50g chopped kale** with boiling water, leave for 1 minute to soften, then drain, rinse in cold water and set aside on kitchen paper.
 » Toss the kale, **1 sliced avocado** and **50g marinated anchovy fillets** in the dressing, season with **black pepper** and serve.
WHY IT WORKS Kale is rich in B vitamins and iron which are needed for your body to make red blood cells.



High fibre Low carb Gluten free

528 calories
49g fat (10g sat)
6g carbs
 Prep time **10 mins**
 Cooking time
0 mins
 Serves **1**



High fibre

686 calories
33g fat (15g sat)
58g carbs
 Prep time **10 mins**
 Cooking time
20 mins
 Serves **2**

Freekeh pilaf with beetroot & goats' cheese

» **Brilliant for** healthy digestion

» Soak **100g freekeh** in cold water for 15 mins. Fry **1 finely chopped onion** in **½tbsp oil** until soft. Add **1tsp bruised cardamom pods**, **1tsp crushed coriander seeds**, cook for 1 min then mix in the freekeh.
 » Add **1ltr vegetable stock**, and simmer for 20 mins. Take off the heat, cover and set aside for 5 mins.
 » Stir in a **drizzle of olive oil**, a good **squeeze of**

lemon juice and a **handful of chopped parsley**. Divide this mix between 2 plates, along with **500g cooked beetroot**, cut into wedges, **150g soft goats' cheese**, thickly sliced, and **25g chopped roasted nuts**. Finally, drizzle over **1-2tbsp pomegranate molasses** and serve.

WHY IT WORKS Freekeh is high in fibre which keeps the digestive system working well.



Low fat High fibre High protein

371 calories
10g fat (2g sat)
37g carbs
 Prep time **5 mins**
 Cooking time **20 mins**
 Serves **4**

Pork with soba noodles & greens

» **Brilliant for** a healthy nervous system

» Mix **2tsp five-spice paste**, **1tsp sesame oil** and **1tbsp soy sauce**. Coat a **500g pork fillet**, cut into strips, in the marinade. Cover and leave in the fridge for at least 1 hr.

» Blanch **200g soba noodles** according to pack instructions, then run under cold water. Blanch **250g Tenderstem broccoli** until just tender and soak **20g dried seaweed** (we used Clearspring

Japanese Sea Vegetable Salad) according to instructions. Drain and set aside.

» Heat a wok, spray lightly with **oil** and add the pork and marinade. Stir-fry until cooked through, add the broccoli and noodles, heat through and serve topped with seaweed.

WHY IT WORKS Pork is rich in B vitamins which help the nerves transmit messages around the body.

Chicken salad with tahini dressing

» **Brilliant for** body builders

» Flatten out **2 chicken breasts** between clingfilm by bashing gently with a rolling pin. Cut into strips and mix with the **juice of ½ lemon**, **1tbsp olive oil** and a few **chopped sprigs of rosemary**. Marinate for 30 mins if you have time.

» Cook the chicken in a non-stick frying pan with all the marinade until tender. Let it cool slightly, then place on

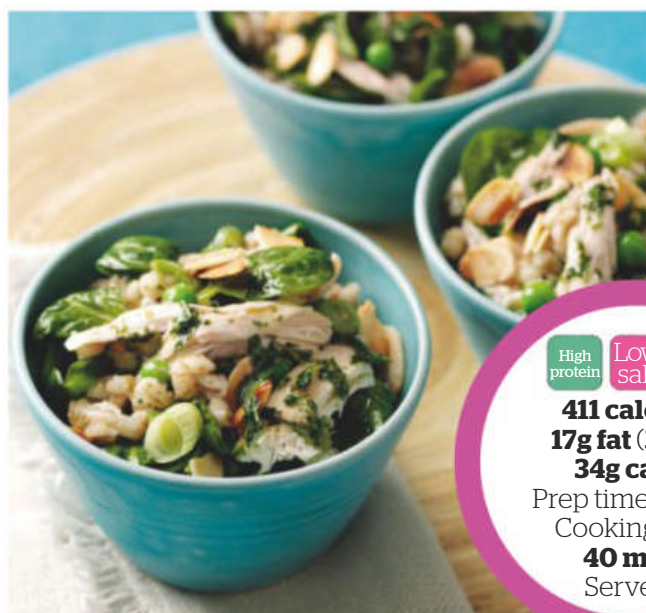
top of the drained and rinsed **chickpeas from a 400g can**, **1 finely sliced red onion** and a few **handfuls salad leaves**. Mix together **1½tbsp tahini paste**, **1½tbsp of soya** or **Greek yogurt**, **1 crushed clove garlic**, the **juice of ½ lemon** and **1tbsp cold water** and spoon over.

WHY IT WORKS Lean protein from chicken, chickpeas and yogurt will help build muscles.



High protein High fibre Low sat fat

438 calories
16g fat (2.5g sat)
20g carbs
 Prep time **5 mins**
 Cooking time **20 mins**
 Serves **2**



High protein Low salt Low sat fat

411 calories
17g fat (3g sat)
34g carbs
 Prep time **5 mins**
 Cooking time **40 mins**
 Serves **4**

Chicken & barley salad

» **Brilliant for** dieters

» Simmer **150g of pearl barley** in a pan with 1.5ltr boiling water and **1tsp salt** for 40 min; drain and tip into a large bowl.

Alternatively, heat a **250g pack ready cooked barley**, **wheatberries**, **spelt and rice** from Waitrose or **bulgur wheat**, **green lentils** and **barley** from Tesco, according to pack instructions then tip into a bowl.

» Cook **125g frozen peas**, drain and add to the pearl barley along with **2 sliced spring onions** and **60g baby spinach leaves**; mix well.

» Blend a **handful mint leaves** and **4tbsp olive oil** in a jug, then pour over the salad. Add **300g cooked chicken** and a **large handful mint leaves**, season and sprinkle over **15g toasted flaked almonds**.

WHY IT WORKS The combination of high protein, low GI will help keep you feeling fuller for longer.



260 cals

Caffè Nero Apricot Croissant



279 cals

Eat Chocolate Caramel Crispie



134 cals

Pret Orange & Cardamom
Milk Chocolate Bar



242 cals

Greggs Jam Doughnut

Fancy a cake WITH YOUR COFFEE?

» Think you can't indulge in a sweet treat at your favourite coffee chains? Think again. These tasty bites are the lowest cal options available...



146 cals

Costa Mini Salted Caramel Tart



270 cals

Pret Dark Chocolate Corn Cakes



193 cals

Starbucks Marshmallow Twizzle



112 cals

Eat Fudge Bites Bag



180 cals

Greggs Gingerbread Man



292 cals

Caffè Nero Carrot & Raisin Cake



185 cals

Starbucks Raw Raspberry
& Nut Bar



140 cals

Costa Chocolate & Raspberry
Brownie



173 cals

Pret Popcorn Bar

Skinny sweets!

» Who says comforting puds have to be calorific? We've lowered the fat and cals in these tasty delights



Blackberry & pear cobbler

YOU WILL NEED

- » 2 pears, peeled, cored and sliced
- » 500g blackberries
- » 60g golden caster sugar
- » 1 level tbsp cornflour
- » ½ tsp mixed spice
- For the cobbler**
- » 150g self-raising flour
- » 60g butter, chilled
- » 100g golden caster sugar
- » 100ml buttermilk
- » 1 level tbsp golden granulated sugar

WHAT TO DO

- 1 Heat the oven to 200C, gas 6. Put the prepared pears and blackberries in a bowl, sprinkle with the sugar, cornflour and mixed spice, and gently mix together. Transfer to a buttered 1.25-litre ovenproof dish.
- 2 For the cobbler, put the flour into a food processor with small chunks of the butter and pulse for a few

seconds until it resembles breadcrumbs. Add the caster sugar and buttermilk and whizz briefly to make a soft dough.

3 Pull off clumps of the dough and put them on the fruit, but don't cover the fruit completely. Sprinkle with the granulated sugar and bake for 35-40 mins until the fruit is tender and the topping browned.

High
fibre

343 calories

9g fat (5.3g sat)

59g carbs

Prep time **15 mins**

Cooking time

35-40 mins

Serves **6**

Steamed marmalade & ginger puds

YOU WILL NEED

- » 90g Stork baking block
- » 90g golden caster sugar
- » 2 medium eggs, beaten
- » 90g self-raising flour
- » ½tsp baking powder
- » 1tsp ground ginger
- » 2tbsp semi-skimmed milk
- » finely grated zest 1 orange
- For the sauce**
- » zest and juice 1 orange
- » 4tbsp agave syrup
- » pinch ground ginger

WHAT TO DO

- 1** Beat the baking block and sugar with a hand-held whisk, until light and fluffy. Add the eggs, slowly, then fold in the flour, baking powder, ginger, milk and orange zest.
- 2** Spoon the mixture into 6 well-buttered small pudding basins, cover with clingfilm and microwave on full power for 1 min each in an 850-watt

microwave, until just cooked.

3 Meanwhile, to make the sauce, put the orange juice in a pan and bring to the boil, and cook until reduced by half. Stir in the agave and ginger until it melts.

4 Turn the pudding out onto a plate and serve with the orange sauce spooned over the top. Serve with low-fat custard.

Low
sat fat

283 calories
13g fat (3g sat)
40g carbs

Prep time **15 mins**

Cooking time

4 mins

Serves **6**

Show us yours!

This month's shout outs on Twitter and Instagram came up with these beauties...



» Avocado chocolate mousse
by @szuperszid



» Elderberry & cashew slices
by @naturalbornvegan



» Raw chocolate & cherry cake
by @rebeccasfoodiefair



» Sugar- and gluten-free banana & sultana loaves by @Sarah0249

#fitandwellfood



Want to appear here? Use this hashtag to share your healthy puds on Instagram
@fitandwellmagazine

Meal makeover

'FRIED' CHICKEN!

» THE ORIGINAL VERSION

Chicken pieces are marinated in buttermilk, coated in spiced flour, dipped in beaten egg then given a second coating of flour. They're then deep-fried to get that crispy coating.

WHAT WE DID

We've coated the buttermilk-marinated chicken in spiced breadcrumbs and oven baked it to get the moreish crispy coated chicken taste - without the greasiness.

THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	580	410
Protein	64	74
Carbs	23	20
Fat	25	4
Saturates	5	1
Fibre	0	0
Sugar	5	2
Salt	2.5	2

» OUR HEALTHIER VERSION

YOU WILL NEED

- » 1.8kg free-range chicken, cut into 8-10 pieces, and patted dry, skin on or off
- » 2 x 284ml cartons buttermilk
- » 100g stale dried breadcrumbs
- » 1tsp smoked paprika
- » ½tsp garlic salt
- » ½tsp celery salt
- » ½tsp cayenne pepper (optional)

- » ¾tsp dried thyme
- » baking tray lined with baking paper

WHAT TO DO

1 Put the chicken in a large bowl, pour over the buttermilk and toss it all together until the chicken is well coated. Cover with clingfilm and leave for 4 hrs or overnight if you have the time.

2 Heat the oven to 200C, gas 6. Mix the breadcrumbs in a bowl with the paprika, garlic salt, celery salt, cayenne pepper (if using) and dried thyme, plus a good pinch of salt and black pepper.

3 Remove the chicken from the buttermilk, one piece at a time, letting the excess buttermilk drip back into the bowl, and

roll in the breadcrumb mixture, turning to coat evenly. Place the coated chicken on the prepared baking tray. Repeat with the remaining pieces, then bake for 35 mins, until golden brown and crunchy.

High protein
Low sat fat

410 calories

4g fat (1g sat)

20g carbs

Prep time **25 mins**

Cooking time

35 mins

Serves **4**

feel**better**FOOD



Fast fix

Make way for a new cold-fighting superfood. Thanks to their antibacterial, anti-viral and anti-inflammatory properties, elderberries can help build a strong immune system, while also soothing cough and cold symptoms. Drink up Pukka Elderberry & Echinacea tea, £2.39/20 sachets, Waitrose, for a double-strength dose.



Make your drink count

Now much more than just thirst quenchers, the next generation of drinks are bursting with benefits.



» **DRINK MAPLE PURE ORGANIC MAPLE WATER** (£3.99/946ml, Ocado) Half the sugar of coconut water, more manganese than kale!



» **B.FRESH BRITISH SALAD BASED DRINKS** (£2/250ml, Asda) Juice that's naturally low in sugar and filled to the brim with leafy greens.



» **OVIO INFUSION FEEL-GOOD OLIVE LEAF DRINK** (£1.59/250ml, Ocado) Packed with detoxifying polyphenols as well as antioxidants.

HEALTHY UP YOUR TAKE-AWAY

Fancy some Thai? Well, ditch the fork and tuck into your rice with a pair of chopsticks instead. Research has found that it can lower the food's GI rating by up to 16%, helping to balance your blood sugar. It's down to the smaller bites apparently!



That's clever!

For fat-busting pasta, add spinach. Natural steroids in the green stuff can up the levels of a protein called adiponectin in your body. This makes your fat cells more sensitive to insulin, which whisks glucose out of your blood stream. Try Sainsbury's Be Good To Yourself Spinach & Ricotta Cannelloni, £2.40/400g.

#food maths



a waist-whittling energising breakfast

1 cup of plain Greek yogurt

4tbsp almonds

1 cup fresh blueberries

#FITANDWELLWISDOM 'Actually I'm a bit of a chocolate tart and will eat anything. It's amazing I'm so slim.' Dawn French

#fitandwellfood



Use this tag to share your favourite buys with us on Instagram @fitandwellmagazine



Toned **ARMS** in 30 days

Want to look fab in that festive party dress? Or just want to bare your arms without feeling self-conscious? There's one move that will make a major difference...



Your trainer,
Zanna Van Dijk

Ever envied Jennifer Aniston's sculpted arms? The A-list stars cite push-ups as one of their key moves to get in shape. It has a reputation for being a bit of toughie, but you'll certainly reap its rewards.

It can help hone your shoulders, biceps and triceps, while also tightening your core, and even your glutes - perfect with party season on the way, when you'll want your arms looking super

toned in that dress. Plus, working all those muscles in one go burns a ton of calories. Could you really ask for anything more from one single move?

'You'll really boost your upper body strength,' says trainer Zanna Van Dijk. 'I always suggest aiming to complete the most advanced press up variation you can, as this will lead to the most rapid progress.' But don't worry if you're a newbie - we've included three variations to cater for all abilities.

PICK YOUR PUSH UP POSITION

'Start with the Box push up if you're unsure, but don't be afraid to try a harder versions as you progress,' says Zanna. 'You may be surprised by your own strength.'

» BOX PUSH UP

Ideal for beginners - they take pressure away from your upper body.

» Go onto all fours. Put hands beneath your shoulders and knees beneath your hips. Upper legs and arms should be at 90° to your torso.

» Bend your arms, lowering your upper body down towards the floor as far as you can go. Extend your arms, bringing yourself back to the start position.

TIP

If you feel like you're ready to progress, go for it! The worse that will happen is you won't be able to push back up.



» ¾ PUSH UP

As you develop upper body strength, progress to this.

» Get onto your hands and knees and place your shoulders above your hands. This time, take your knees further back behind you

and lean your hips forward.

» Bend your arms, lowering your upper body down towards the floor.

» Extend arms, bringing yourself back to start position.

TIP

There should be a straight line from your knees through your hips and spine to your shoulders.



» FULL PUSH UP

Now for the most challenging of these three positions.

» Place your hands beneath your shoulders and extend your legs behind you, feet together.

» Raise your body up so only your hands and

balls of your feet are touching the floor.

TIP

There should be a straight line running from your feet all the way through your hips, spine and up to your shoulders.

» Bend your arms, lowering your upper body down towards the floor.

» Extend arms bringing yourself back to start position.



YOUR TWO ARM TONING MOVES

30
day
challenge

» STANDARD PUSH UP

» Pick the push-up variation you're comfortable with, then bend your arms at a 45° angle to your torso.



» TRICEP PUSH UP

(significantly more challenging!)

» Pick the push-up variation you're comfortable with, then keep your arms as close to your torso as possible when you bend them.



Zanna's push-up pointers

- » Keep your core engaged throughout the movements and don't let your hips sag to the floor.
- » Focus on depth of movement - try and lower yourself as far as you can (your nose should almost touch the floor).
- » Don't hold your breath. Breathe in as you lower yourself and out as you push up.
- » Don't rush the movement - slower is better.
- » Form is key. If fatigue is causing you to lose it, have a break and try again.

NOW WATCH THE VIDEO



Make sure you get your press up technique spot on with our video on the Fit & Well YouTube Channel



You can also watch the video and sign up to the challenge on our Facebook page. Like us at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »

30 day challenge

» HERE'S YOUR CHALLENGE CHART, GET TICKING!

Ideally you want to complete each rep one after the other. But if you find this too challenging Zanna suggests breaking them up into smaller sets and taking breaks between each one. For example, on day 6 you could do 3 sets of 2 push-ups.



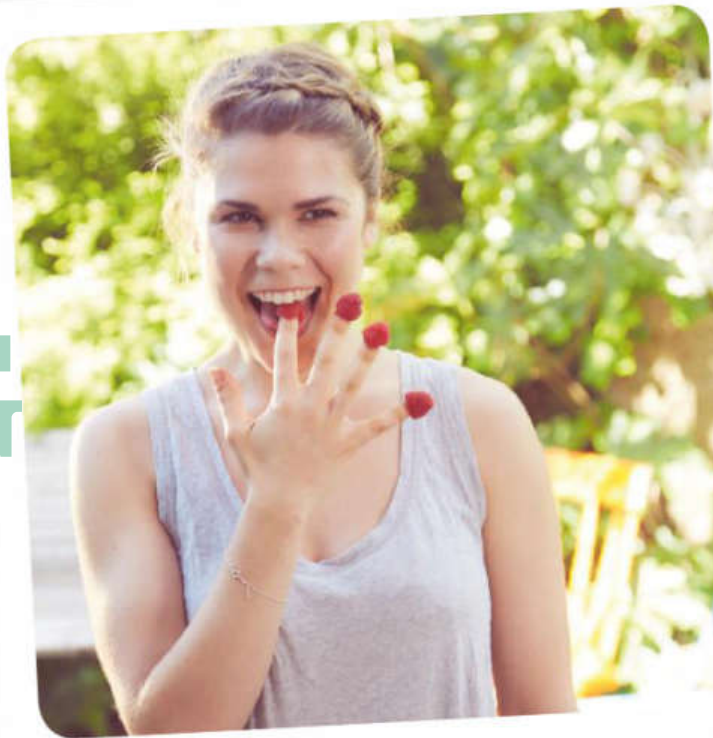
1 <input type="checkbox"/> 1 standard push-up	2 <input type="checkbox"/> 2 standard push-ups	3 <input type="checkbox"/> 3 standard push-ups
4 <input type="checkbox"/> 4 standard push-ups	5 <input type="checkbox"/> 5 standard push-ups	6 <input type="checkbox"/> 6 standard push-ups
7 <input type="checkbox"/> 7 standard push-ups	8 <input type="checkbox"/> 8 standard push-ups	9 <input type="checkbox"/> 9 standard push-ups
10 <input type="checkbox"/> 10 standard push-ups	11 <input type="checkbox"/> 11 standard push-up 1 triceps push-up	12 <input type="checkbox"/> 12 standard push-ups 2 triceps push-ups
13 <input type="checkbox"/> 13 standard push-ups 3 triceps push-ups	14 <input type="checkbox"/> 14 standard push-ups 4 triceps push-ups	15 <input type="checkbox"/> 15 standard push-ups 5 triceps push-ups
16 <input type="checkbox"/> 16 standard push-ups 6 triceps push-ups	17 <input type="checkbox"/> 17 standard push-ups 7 triceps push-ups	18 <input type="checkbox"/> 18 standard push-ups 8 triceps push-ups
19 <input type="checkbox"/> 19 standard push-ups 9 triceps push-ups	20 <input type="checkbox"/> 20 standard push-ups 10 triceps push-ups	21 <input type="checkbox"/> 21 standard push-ups 11 triceps push-ups
22 <input type="checkbox"/> 22 standard push-ups 12 triceps push-ups	23 <input type="checkbox"/> 23 standard push-ups 13 triceps push-ups	24 <input type="checkbox"/> 24 standard push-ups 14 triceps push-ups
25 <input type="checkbox"/> 25 standard push-ups 15 triceps push-ups	26 <input type="checkbox"/> 26 standard push-ups 16 triceps push-ups	27 <input type="checkbox"/> 27 standard push-ups 17 triceps push-ups
28 <input type="checkbox"/> 28 standard push-ups 18 triceps push-ups	29 <input type="checkbox"/> 29 standard push-ups 19 triceps push-ups	30 <input type="checkbox"/> 30 standard push-ups 20 triceps push-ups



Words: Natalia Lubomirski. Photos: Anne-Marie Rickerton (exercises), iStock
Natalia wears: Top: Björn Borg (bjornborg.com/uk); leggings: New Look

5 foods to get you GLOWING

Top food blogger Madeleine Shaw reveals her favourite foods that leave her feeling radiant inside and out



1 Avocado

BENEFITS With a healthy source of fat, cell-protecting vitamin E and radical-busting antioxidant carotenoids, they are the ultimate skin superfood.

TRY IT Avocado dip

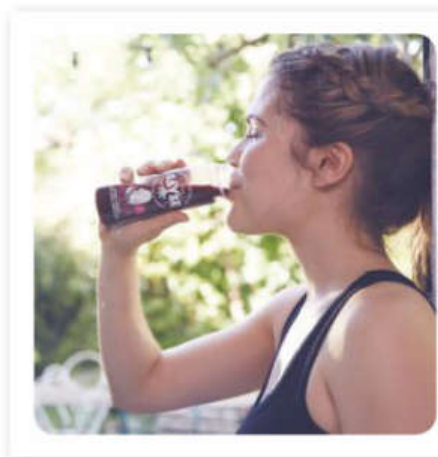
Mix one avocado, 1tsp smoked paprika, 3tbsp tahini and juice of one lime and blend until smooth. Serve with flaxseed crackers.



2 Raw cacao

BENEFITS Made by cold-pressing unroasted cocoa beans, it's high in antioxidants, which keep cells healthy. It's also packed with detoxifying magnesium, energising iron and immune-boosting zinc.

TRY IT Savse Get The Glow Raspberry Beets Smoothie combines raw cacao, beetroot, raspberry, apple, ginger and lemon. Available nationwide, £2.29.



3 Chicken

BENEFITS A good source of

daily protein is essential to build and repair muscle, bones and tissue. White meat, such as chicken, is a healthy source of protein - low in fat and rich in vitamins and minerals.

TRY IT Poached chicken with parsnips, apple and onion

Cut two onions and one cooking apple into quarters. Slice three parsnips into inch-long chunks. Place a chicken, three cloves of garlic, three bay leaves and veg in a pot filled with cold water (should just cover the chicken). Season, then let simmer for one hour until cooked.

4 Sweet potato

BENEFITS Many people think a healthy diet is about going carb free, but it's an essential energy giver. Sweet potatoes have a low glycaemic index, so they release energy slowly. What's more, they're fat free and high in vitamin A, key for healthy eyes, and B vitamins, responsible for healthy skin and hair and fighting disease.

TRY IT Sweet potato wedges

Cut two sweet potatoes into wedges. Sprinkle over 1tsp smoked paprika, ½ tsp chilli powder and pinch of salt. Roast in coconut oil at 200C for 40 mins.



5 Salmon

BENEFITS Packed with omega fatty acids - key for a healthy brain and joints - salmon is also a source of vitamins A, D and E and selenium.

TRY IT Salmon fishcakes

Blend one haddock and two salmon fillets with 3tbsp chives, 1tsp mustard, one spring onion, zest of one lemon and 1tbsp capers, then form into patties and cook in coconut oil for six mins.



My 3 biggest energy sappers

WHITE BREAD has a high glycaemic index and little fibre, which means it spikes blood sugars before causing them to crash, so you have to constantly refuel.

REFINED SUGAR also negatively impacts blood sugar levels and prompts the body to release the happy hormone serotonin, so it can be addictive.

FIZZY DRINKS are full of sugar. Swap them for cold-pressed juice, which retains more nutrients than pasteurised versions.



Words Natalia Lubomirski Photos iStock All recipes taken from madeleineshaw.com Madeleine Shaw has teamed up with Savse Smoothies for their new Get The Glow cold-pressed juice range. Available nationwide

'Getting fit CHANGED MY LIFE'

When Laura Priestnall, 34, found out her weight was affecting her fertility, she signed up to bootcamp and never looked back...

Exercise wasn't really my thing growing up. My mum and dad weren't active, so we never went out on long walks or bike rides, and I was useless at sport, so I hated dreaded PE lessons.

There wasn't an emphasis on healthy eating in our family.

Oven chips, ready meals and large portions were common and I spent my pocket money on crisps and chocolate. Luckily, I was never overweight.

That all changed at university.

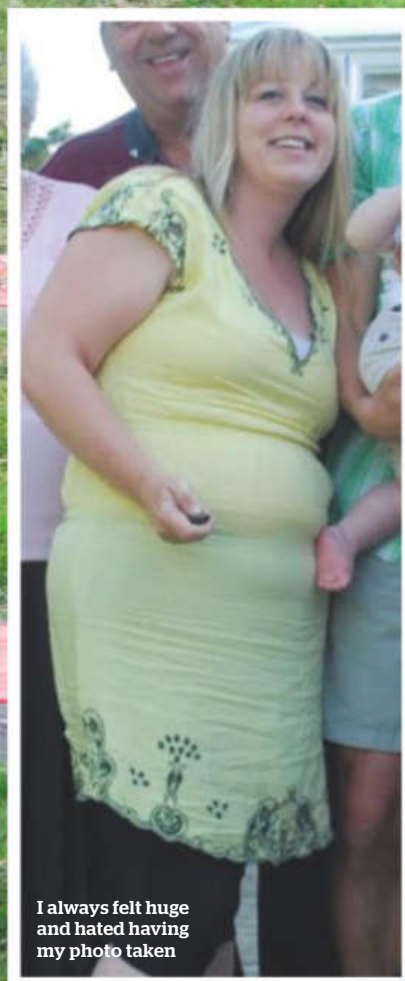
Clueless on how to cook or eat healthily and with no PE lessons in sight, my weight gradually crept up over the next three years. As my size increased, I simply bought bigger clothes to disguise my figure and cover up my fat belly.

I married Sam in 2008 and the following year my weight soared to 13st.

At only 5ft 4in it meant I had a BMI of 32 and was clinically obese. I hated looking in the mirror and although I still went out, I felt huge around my slim friends and avoided having my photo taken. Worst of all I didn't realise the damage it was doing to my health.

I'd been trying to get pregnant for a year unsuccessfully.

That was upsetting enough, but my size meant that people often thought I was pregnant. Being regularly asked 'how far along are you?' was mortifying. Sometimes I told them I was just fat, but on others I'd get upset and lash out, telling them I had fertility problems.



I always felt huge and hated having my photo taken





All of the instructors are so supportive



With Sam and baby Adam at six months

'I'd fallen in love with exercising and, within six months, I'd lost 1½st'

When I finally sought expert advice I was surprised to find out I had polycystic ovary syndrome. However, I was shocked when my doctor told me my weight also might be contributing to my failure to conceive. I was put on a low GI diet, to help lower my insulin levels that my body was finding difficult to control, and was advised to lose an initial 1½st.

The task seemed daunting, but my husband supported me every step of the way. We overhauled our diets, cutting out pasta, rice and white bread, and slashed our portion sizes. But I realised I needed to exercise to make a real difference.

Then Sam saw a British Military Fitness bootcamp class in our local park. That night we googled them and apprehensively signed up. When we headed to the first class I was terrified. I was completely out of my comfort zone, but the instructors were so welcoming.

Running across the field during the warm up was a shock to my system. This was followed by circuits of star jumps, press-ups and shuttle sprints. Half way through the class I slumped to the floor in a heap. However, the instructor reassured me that, after just two weeks, I'd see a marked difference in my fitness. I finished the class with a big sense of achievement.

With aching limbs I returned for another session four days later. I continued going three times a week and couldn't believe the difference in my fitness a fortnight later. I could complete a circuit without stopping.

The members were so supportive and the instructors

LAURA'S WEIGHT LOSS

Before	After	Loss
Weight		
13st	10st	3st
Dress size		
18	8/10	4 sizes

were my biggest motivators.

For the first time, I'd fallen in love with exercising, too. The circuit-based workout, with its variety of exercises, kept me hooked. And best of all, six months later I'd lost 1½st. But I didn't stop there.

After 9 months my fitness had soared, so I transferred to the intermediate group. I felt more confident and was thrilled about the positive changes I'd made. Then in March 2010 – a year after I'd started – I experienced the most positive change of all.

My period was overdue and I was suffering cramps. So I rushed home and immediately took a pregnancy test. I was shocked when it came up positive – I never imagined it would happen naturally.

BMF has given me my body and health back. If I'd never turned up on that day in March 2009 I would still be a size 18, and probably getting bigger. And I certainly wouldn't be mummy to my beautiful boy, Adam. It's turned my life around.

» Laura is a charity case worker and lives in Brighton with Sam and Adam.

HAVE A GO!

British Military Fitness sessions incorporate agility, stamina and strength-based exercises into one fun and effective hour-long training session. There are now over 400 classes in more than 145 locations across the UK. Anyone can give it a go. Sessions are split into beginners, intermediates and advanced, to cater for all abilities.

» Visit britmilfit.com for information and to sign up for a free class.

GREEN JUICE DETOX

7lbs IN 7 DAYS

- ✓ Complete 7-day plan
- ✓ Quick and easy recipes!
- ✓ No juicer required!

Only
£1.99

SPECIAL
OFFER

TURBO-CHARGE YOUR DIET
WITH THE ULTIMATE 5:2 AND
JUICE DIET BUNDLE - TWO
GREAT DIET APPS FOR £2.49 IN
THE APPLE APP STORE NOW!

5:2
DIET



BROUGHT TO YOU FROM THE MAKERS OF **woman** AND THE BEST-SELLING 5:2 DIET COMPLETE MEAL PLANNER APP



Available on the
App Store

PRICES SHOWN ARE UK ONLY, AND PRICES MAY VARY ACROSS DIFFERENT APP STORE TERRITORIES. PRICE IS SUBJECT TO CHANGE DUE TO 'COMPLETE MY BUNDLE' T&CS

SKIPPING BREAKFAST OR LUNCH?

The answer

Make a lunch date

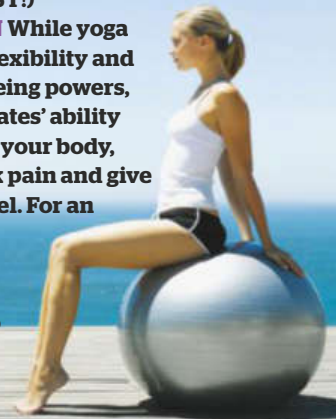
The reason The time between breakfast and dinner is too long to go without food. You'll feel sluggish and when you get home you'll find it hard to resist ordering that takeaway.

YOGA OR PILATES?

THE VERDICT

PILATES (JUST!)

THE REASON While yoga excels in its flexibility and mental wellbeing powers, it can't top Pilates' ability to strengthen your body, alleviate back pain and give you abs of steel. For an all over body workout, try squeezing in one of each to your weekly workout.



What's *better*?

We give you the knowledge to make the right decisions - fast!

Tea or coffee on a plane?

THE VERDICT HAVE A CUP OF COFFEE

THE REASON In a reduced-pressure environment of an aircraft cabin, the boiling point of water is around 90C, which is too cool to brew tea properly and squeeze all the flavour out of the teabag. Coffee on the other hand prefers slightly cooler temperatures that don't impair the flavour.

30%

The amount hair can stretch by when wet. Rough brushing can then make your hair snap. Use a wide-toothed comb, starting from the tips, then use a brush with wide-spaced, plastic bristles.

CURB THAT COLD

With sniffle season here, it's time to boost your vitamin C levels. Dose up when you start reaching for the tissues (experts say 200mg a day) and you can reduce the severity of a cold. Here's how to get yours...

1 kiwi



= 68mg

1 cup strawberries



= 84mg

1 medium orange



= 70mg

½ grapefruit



= 39mg

½ small head
of cauliflower



= 63mg

¼ cantaloupe
melon



= 47mg

RED *VS* WHITE GRAPES

THE VERDICT Go red

THE REASON While both varieties are healthy low-cal snacks, the red type contain high levels of the antioxidant resveratrol, which is thought to help

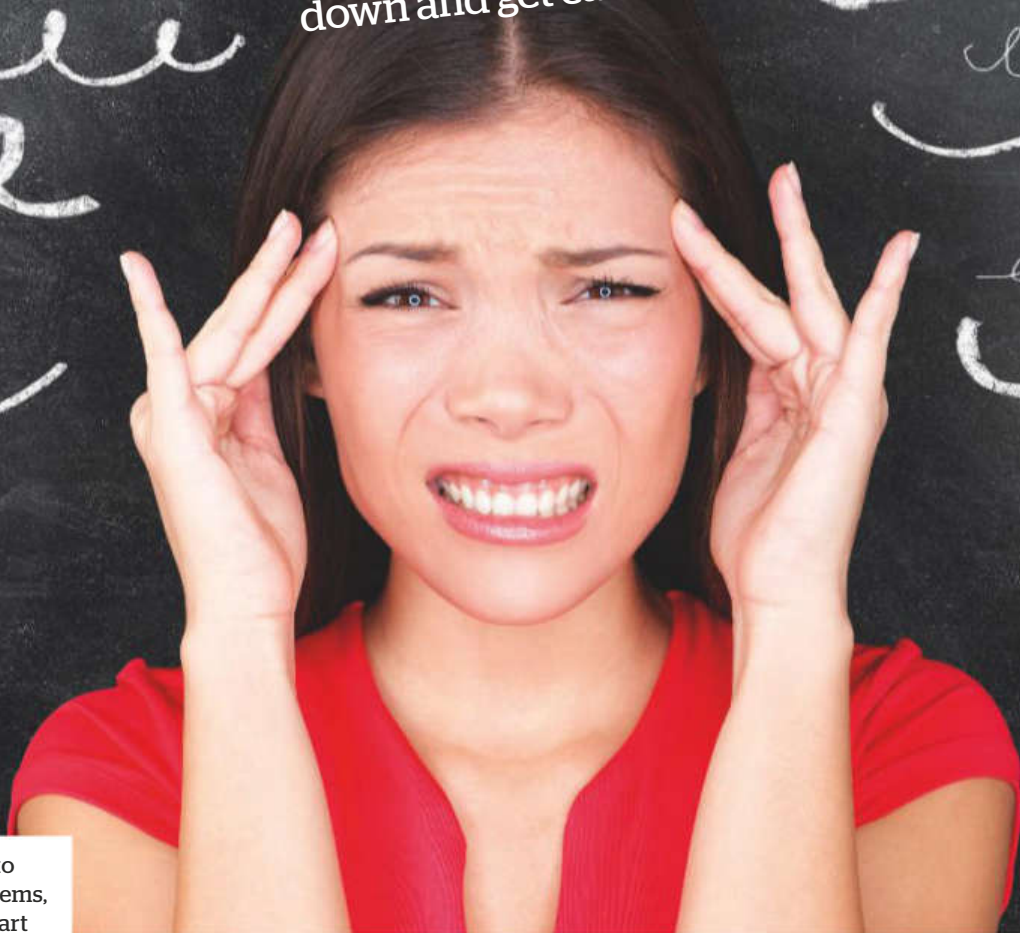
lower high blood pressure and glucose levels.



SAY NO

TO STRESS!

Tense and frazzled? Try our clever tips to wind down and get calm - quick!



Stress has been linked to a range of health problems, from depression to heart disease. And with Stress Awareness Day on 4 November, we decided it was time to do something about beating it. The problem, says stress guru Neil Shah, is that we just aren't designed for it. Our ancestors would have experienced short bursts of stress every so often, triggering them to either fight or run away. Modern stress is at a lower level, but is constant - work, kids, worries about elderly parents, money concerns - so we're left with stress hormones all of the time.

HOW STRESS AFFECTS YOUR BODY

» The release of adrenaline raises your heart rate and blood pressure. Internal organs like the liver, brain and heart go into overdrive.

» Breathing becomes shallow, blood is diverted away from non-vital areas, dampening the immune system, and the digestive system begins to shut down. That's why digestive problems,

such as IBS, can be linked to stress.

» Your body produces too much hydrochloric acid - a substance that breaks down food - and, over time, that can start to irritate your stomach lining.

» Muscles tense, particularly in the neck and shoulders, leading to headaches and other pains.

THE stress less ISSUE!

SORT IT!

2 MINUTES TO CHILLED

TURN UP THE TUNES

It's well known that listening to music can be relaxing. But here's the good news: you don't have to put on the chill-out collection. American scientists have discovered that it's listening to music you love that's key - it relaxes blood vessels and boosts blood flow, helping you unwind - whether it's Blur or Buddhist chants.

HAVE A FAST, HARD WORKOUT

Just one minute of intense exercise can help blitz stress and boost energy, research has found. Grab a skipping rope and spend a minute skipping as fast as you can.

MAKE A NOTE

Scribbling down five things you're grateful for can help you feel happier and sleep better, according to a US study. Do it when you feel overwhelmed to quickly shift your mindset.

WHIP UP A SMOOTHIE

Strange but true: the scent of mangoes can help promote calm, a study from Japan has shown. Whiz up half a mango with a large glass of almond milk - almonds are rich in magnesium, known to help relax muscles.



4 WAYS TO STRESS-PROOF YOUR LIFE

1 HAVE A HOBBY

It doesn't have to be something calming - anything you enjoy will help, because it will distract you from whatever you're worried about. So whether you love playing netball, belonging to a book group or blogging, get involved!

2 TAKE TIME OUT

Having time to unwind is crucial, says Neil, so make sure you regularly do something for yourself. That could be a weekly yoga class, a regular massage or a night out with the girls. Try to grab a bit of 'me time' every day, too. A soak in the tub at the end of the day is a great way to relax.

3 MOVE MORE

The chemicals released when we're stressed are designed to prime us to move. That's why regular exercise is so important. And if you can do it outside, that's better still - studies show exercising outdoors has the most calming benefits.

4 GET MINDFUL

Try doing a spot of mindfulness meditation every day - just sit quietly for 10 minutes, focusing on your breathing. Or try the free Headspace app, which has guided meditations.

EAT YOURSELF CALM

Eating a healthy, well-balanced diet is key when your body is under pressure. Try Neil's food that soothes...

» **Have porridge for breakfast**, as it will give you sustained energy until lunch.

» **Snack on sunflower seeds** - they're high in magnesium to help lower levels of stress hormone cortisol.

» **Cold turkey in a salad or sandwich** at lunch is a good choice - it contains the calming amino acid tryptophan.

» **Swap your 4pm cuppa for a green tea**, which reduces tension-making beta waves, and has lower levels of caffeine, so won't leave you jittery.

» **For dinner, go for beef or white fish**, with green veg - these are all high in the B vitamins needed to make feel-good serotonin.



STEP AWAY!

Uninterrupted computer use has been linked to stress, loss of sleep and depression in women, found a Swedish study. Make sure you take breaks away from your screen at work. Tea, anyone?

THE ONE THING... that helps us de-stress - sharpish!



'I swear by doing yoga or meditating to chill me out.'
Caroline Lewis



'I go for a run in the woods with a good soundtrack.'
Cathy Branch



'I drive home from work, so I stick a CD on and sing loudly to Wham! or Jess Glynne.'
Helen Todd



'I take my dogs for a walk or go for a run.'
Michelle Rigby

TREAT YOURSELF



15% off a fab Fitbug Orb!

Get this great little activity tracker
for less with our discount...

The Fitbug Orb makes it easy for you to track and meet your health and wellbeing goals, whether you want to lose weight, eat better or sleep more.

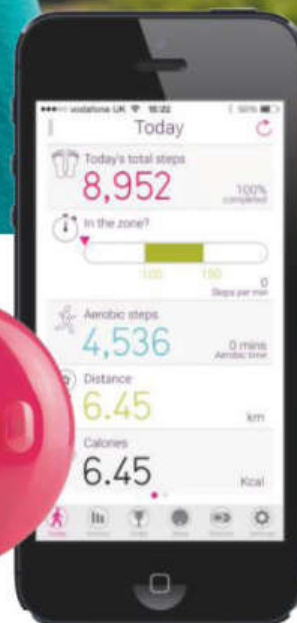
The discreet, button-sized device tracks your activity around-the-clock, counting every step, aerobic movement, calories burned, distance walked and even your sleeping patterns.

Your collected data is then sent

wirelessly to your smartphone or tablet via Bluetooth, so you can keep track of your progress and stay motivated, which will help you on your journey to be fitter, healthier and happier.

Super-sleek and available in three eye-catching colours - white, hot pink and black - you can choose to wear the Fitbug Orb your way. With several accessories, including a wrist strap, belt clip and lanyard, you can transform your Orb into a fashion statement for an evening out, or hide it discreetly under your clothing during the day.

Available online at Fitbug.com, or at Sainsbury's, Argos and Amazon, our exclusive offer means Fit & Well readers can claim a 15% discount on the device, usually priced at £49.99.



HOW TO CLAIM

Visit fitbug.com/uk/orb and click the 'buy now' button. Select your preferred colour and go to the checkout. Enter the promotional code **FITANDWELL** to claim your 15% discount.

TERMS AND CONDITIONS

The discount code is valid on the Fitbug Orb device only from 15 October until 1 December 2015. The discount does not apply to any other item or accessory. The Fitbug Orb will be despatched within 30 days.

SWAP THIS for that...Italian

Fancy a taste of Italy? We've found the healthiest supermarket options

SAINSBURY'S



SWAP

Taste the Difference
Gruyère & Garlic Fougasse
450 cal

SAVE
104 cal



FOR

Roasted Garlic & Olive
Oil Pizza Bread
346 cal

TESCO



SWAP

Italian Spaghetti
Carbonara (450g)
711 cal

SAVE
279 cal



FOR

Italian Spaghetti &
Meatballs (400g)
432 cal

ASDA



SWAP

Italian Beef Lasagne
(400g)
607 cal

SAVE
234 cal



FOR

Vegetarian Pepper &
Courgette Lasagne (400g)
373 cal

M&S



SWAP

Roasted Mushroom
Risotto (380g)
570 cal

SAVE
208 cal



FOR

Count On Us Chicken &
Asparagus Risotto (385g)
362 cal

MORRISONS



SWAP

M Kitchen Chicken &
Bacon Pasta Bake (400g)
677 cal

SAVE
186 cal



FOR

M Kitchen Chicken
Tagliatelle (400g)
491 cal

WAITROSE



SWAP

Essential Waitrose
Tiramisu (90g)
228 cal

SAVE
113 cal



FOR

LoveLife Tiramisu
Dessert (85g)
115 cal

Lose 7lb on the sweet treat diet



Got a sweet tooth?
You can still lose weight
without giving up your faves, with
nutritionist Angela Dowden's plan

HOW DOES IT WORK?

- » Yes, you're having sweet treats occasionally, but you're still cutting down on overall calories during the diet, so you'll lose weight.
- » You're more likely to stick to the diet because you won't feel deprived.
- » Many of the sweet foods we've included also contain vitamins, fibre and minerals, so you're getting more out of them than just empty calories. Just make sure you limit yourself to one a day.

THE RULES

- 1 Pick one breakfast, lunch and dinner and choose one selection from the sweets and snacks list, too.
- 2 Drink 300ml of skimmed milk every day, either on its own or in other drinks.
- 3 Walk 10,000 steps a day. This usually means moving around for at least an hour and a half a day (you don't have to do it in one go). Use a tracker like FitBit to count steps accurately. Activity helps your body process the sugar in your bloodstream better.

That's clever!

Try to eat sweet treats after meals to minimise blood-sugar surges – and damage to teeth!

YOUR SWEET TREAT MENU

BREAKFASTS choose from

- » 1 pack of All-Bran Breakfast Biscuits and 1 small banana
- » 1 slice of wholemeal toast spread with 1tsp jam and a level tbsp peanut butter. Plus 1 apple
- » 1 slice wholemeal toast topped with 2 grilled tomatoes and 1 medium poached egg.

- Plus a 150ml glass of fresh juice
- » 1 pot of Oat So Simple Golden Syrup instant porridge with a large handful of blueberries and raspberries
- » 1 small wholemeal or granary roll filled with 1 grilled reduced-fat sausage and 1 medium

- sliced tomato. Plus a 150ml glass of fresh juice
- » A blueberry smoothie: blend a cup of blueberries with 200ml skimmed milk and 100g fat-free strawberry yogurt. Plus 1 slice of wholemeal toast spread with 1tsp low-fat spread and Marmite (optional)

LUNCHES choose from

- » 1 medium-sized jacket potato topped with a handful of prawns mixed with 1tbsp reduced-fat mayonnaise. Plus a chopped tomato and cucumber side salad and a kiwi fruit
- » A large (200g) tray of mixed fish sushi

- » 1 cooked skinless chicken breast, sliced, mixed salad and 1tbsp reduced-fat mayonnaise in a wholemeal pitta
- » A 120g can of sardines on a slice of wholemeal toast, served with a big pile of watercress
- » Frozen mini-size cheese

- and tomato pizza with a large fresh green salad and 1tbsp fat-free dressing
- » A 300-calorie shop-bought sandwich. Plus a piece of fresh fruit
- » Half a carton of fresh vegetable soup with a slice of wholemeal toast. Plus a 125g pot of low-fat fruit yogurt

DINNERS choose from

- » 1 grilled lean lamb chop with gravy made from granules, 2 new potatoes, carrots and green veg. Plus a scoop of low-fat vanilla ice cream with 100g frozen berries
- » **BLACK BEAN CHICKEN STIR-FRY** Stir-fry a skinless chicken breast in 1tsp of oil, add green pepper, onion, cabbage, mushrooms and broccoli. When tender, add 3tbsp black bean sauce and heat through. Serve with 2tbsp rice. Plus a pot of toffee yogurt

- » A grilled salmon fillet (140g) with 4tbsp cooked lemon and coriander couscous, broccoli and a little sweet chilli sauce. Plus a pot of light chocolate mousse
- » **SKEWERED VEG WITH PESTO** Thread 3 skewers with chopped veg, egg onions, cherry tomatoes, mushrooms and peppers. Brush with oil and grill. Serve on 150g pasta mixed with 2tsp pesto
- » **STUFFED PEPPER** Mix 4tbsp cooked rice with

- 2 chopped spring onions, 1tsp toasted pine nuts, 2 chopped sun-dried tomatoes and 1tbsp Parmesan. Cut the top off a pepper and keep. Scoop out seeds and pith and discard. Fill pepper with rice and replace lid. Bake until softened. Serve with veg
- » Brush a cod fillet (140g) with oil, sprinkle with lemon juice and grill. Serve with 100g oven chips and 4tbsp peas. Plus a sugar-free jelly with 2 crushed mini meringues

SWEET TREATS choose one a day

- » 1 meringue nest with a handful of mixed berries and 3tbsp single cream
- » 1 Cadbury Creme Egg, Flake or Galaxy Ripple
- » 250ml of thick milkshake
- » 1 toffee yogurt
- » 35g of any type of chocolate

- » 2 chocolate digestives or 2 plain HobNobs, plus 1 apple
- » 30g roasted salted peanuts
- » 30g Haribo and 1 small banana
- » 2 Cathedral City Selections sticks and 1 pear
- » 5 marshmallows and 1 orange

WORK your body, CALM your mind

While all exercise can be good for stress relief, there are some smart ways to make sure your workout is helping you mentally, as well as physically...

THE 5 BEST STRESS-BUSTING ACTIVITIES

1 RAMBLING

A UK study found walking through green spaces puts the brain into a meditative state. And other research has found social support makes us more resilient. So walking with a group is the ideal stress-zapping exercise. Meet pals for a power walk or join ramblers.org.uk

2 YOGA

Yes, it really deserves its reputation as a super-soother - one review of studies found practising yoga can reduce both stress and depression. Find a local teacher at bwv.org.uk

3 TAI CHI

An ancient martial art formed around a series of flowing movements designed to connect mind and body, tai chi promotes both physical and mental strength, and is sometimes known as a moving meditation. Find an instructor at taichiunion.com

4 5RHYTHMS DANCE

Let's face it, any type of dancing gets endorphins flowing and puts the mind in a happier place. But 5Rhythms Dance takes movement to music to the next level. Often called trance dancing, it was devised in the 1970s and draws on shamanistic, eastern and mystical philosophy - by moving the body, you free the mind. Intrigued? Read more and find classes at 5rhythms.com

5 QIGONG

Another ancient Chinese art form like t'ai chi, qigong focuses on the repetition of one 'energy flowing' movement at a time and involves visualisation and breathing techniques. For information and a list of instructors, visit healthqigong.org.uk

BREATHE DEEP

Sit with eyes closed. Inhale through your nose for two counts, hold breath for one, exhale for four, hold breath for one, and repeat.

FAST WAYS TO EXERCISE YOUR MIND

» AT YOGA

As we've seen, yoga's an all-round stress-buster, but to get the ultimate calming effects from your session, make sure you include these tension-blitzing postures:

» **DOWNWARD-FACING DOG** Boosts blood flow to the brain and stretches out tension in your shoulders.

» **TREE POSE** Improves focus and balance, helping you feel more grounded and 'in the moment'.

» **CHILD'S POSE** Great for de-knotting your neck and shoulder muscles.

» IN THE GYM

You pay the monthly membership, but how often do you really make use of what's on offer? At least one session a week, make time for a swim, a sauna, a steam or a dip in the Jacuzzi. Or even just for a smoothie and a flick through a magazine in the café. Re-associate the gym with down time.

» IN THE STUDIO

Doing the same class, week in, week out, can mean it becomes familiar, which may make it less absorbing - and having a bit of a challenge is always a stress-buster. So do something a little different. Switch your spinning class for a dance class like Zumba

(zumba.com). If you do Body Pump, circuits or a legs, bums and tums class, try an outdoor bootcamp class like British Military Fitness (britmilfit.com) and reap the benefits that fresh air and nature bring.

» ON A RUN

Leave your watch at home. Sometimes it's good to 'run naked' (not literally! We mean tech-free), without focusing on pace or distance covered. So just lace up your trainers and go, listen to your body and run as hard or as easy as feels good. Don't plan your route - although, as always, let someone know roughly where you're going and when you'll be back. Appreciate your surroundings, the seasons changing. Smile at fellow runners - they'll smile back.

» ON YOUR BIKE

Stop thinking of your bicycle as just a mode of transport and start enjoying the ride. Instead of choosing the fastest route from A to B, go to sustrans.org.uk and choose a safe, traffic-free path or quiet road on the UK's 14,000 mile National Cycle Network. This year, the NCN is celebrating 20 years and there are loads of great ideas for rides, from family-friendly routes to rides for nature lovers or even foodies!





YOUR STRESS-LESS WORKOUT KIT



The 'Inhale' logo on this soft, stretchy top is your reminder to breathe deeply and calmly throughout your workout - the back says 'exhale'. **Breathe Tee, £32, manukalife.com**



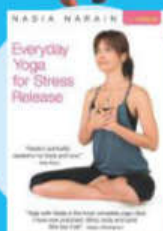
This organic candle contains a blend of lavender, jasmine and Brazilian rosewood. Perfect for creating a comforting space during a workout. **Real Luxury candle, £30, neomorganics.com**



Based on the book by runner/meditation master Sakyong Mipham Rinpoche, this app uses music and mantras to help you train. **Running With The Mind Of Meditation, £1.49, iOS**



These leggings are hold-you-in flattering at the top, then can be pulled over your feet at the bottom like socks, for relaxation time. **Alo Yoga Goddess Ribbed Legging, £75, thesportsedit.com**



Three yoga workouts on one DVD - one to calm the mind, one to burn off tension, and the third to relieve anxiety. **Everyday Yoga For Stress Release, £10.99, amazon.co.uk**

STRESS-FREE SUMS

What's the perfect week workout-wise? We did the maths...

$$\begin{array}{c} 3x \\ \text{moderate-} \\ \text{intensity,} \\ \text{endorphin-} \\ \text{boosting} \\ \text{aerobic} \\ \text{sessions} \end{array} + \begin{array}{c} 1x \\ \text{just-for-} \\ \text{kicks} \\ \text{dance} \\ \text{session} \end{array} + \begin{array}{c} 1x \\ \text{find-} \\ \text{your-calm} \\ \text{yoga, ta'i} \\ \text{chi or} \\ \text{other} \\ \text{restorative} \\ \text{practice} \end{array} = \text{A balanced, less-stressed you. Result!}$$

WIND DOWN YOUR WORKOUT

Are you guilty of rushing from office to gym, or squeezing in a run before work, just to ease exercise guilt? Stop! Try to carve out a bit of time on either side of your session, so you can make your workout genuine me-time. Try these tips...

» If you're a morning exerciser

Get up just 10 minutes earlier, to make time for a pre-workout meditation. Try one of the bite-sized sessions from the Calm app (Free, iOS & Android).

» If you fit it in at lunchtime

Make your session shorter. Instead of racing to the gym for a class and skipping your shower so you get back to the office before anyone notices, make time for the journeys. Many gyms offer 30-minute classes now. Or go for a brisk walk and (non-work) chat with a colleague.

» If you work out after dark

Have a pre-bed routine planned for when you get home. An exercise session can easily leave us wired for a few hours afterwards and it can be harder to get to sleep. Have a light snack rather than a large meal, then run a relaxing bath powered by Olverum Bath Oil, £23.50, amazon.co.uk. This cult classic has a secret blend of muscle-soothing, mind-calming, sleep-inducing essential oils described as 'a warm, comforting hug'. Sounds good to us!



The good soup guide

Want something warming, but as figure-friendly as a salad? Try a healthy soup...



95 cals
3.6g fat
per 300g serving

Waitrose LoveLife Mediterranean Inspired Vegetable (600g)



90 cals
3g fat
per 300g serving

Glorious! Sicilian Tomato & Balsamic (600g)



132 cals
3g fat
per 300g serving

New Covent Garden Soup Co Skinny Goan Spiced Chicken & Lentils (600g)



99 cals
4.5g fat
per 300g serving

Sainsbury's Mushroom (600g)



146 cals
3.4g fat
per 300g serving

Tesco Mexican Chilli Bean (600g)



108 cals
5.1g fat
per 300g serving

Soupologie Super Boost Beetroot & Pomegranate (600g)



117 cals
4.2g fat
per 300g serving

Yorkshire Provender Honestly Delicious Roast Chicken (600g)



93 cals
2.4g fat
per 300g serving

Tideford Organic Minestrone with Gluten Free Pasta (600g)



98 cals
3.3g fat
per 250ml serving

Daylesford Organic 10hr Beef Bone Broth (500ml)

ARE CANNED SOUPS AS GOOD AS FRESH?

We asked dietitian **Helen Bond** to explain all...

Fresh soups have become more popular in recent years, but it doesn't mean you should neglect canned varieties. Both can contain one or even two of your five-a-day, plus plenty of fibre.

1 BE NATURAL Healthier natural sugars (found in fruit and veg) and added sugars are classed together in nutritional tables, so check the ingredients. Canned varieties can have larger amounts of preserving sugars and salt. Ditch if they are high up on the list.

2 FAT-FREE Avoid soups titled 'cream of' or that contain coconut milk, which can be high in saturated fat. Instead choose fresh broth-like soups, which have chunkier veg and will help you feel fuller for longer. Canned tend to be more puréed and less filling.

3 GO VEGGIE Choose roasted veg or tomato. The fat in these breaks down vitamins and helps you absorb the nutrients. Plus, tomatoes contain the antioxidant lycopene.



Healthy **HAIR** bargains

Suffering from lank, frazzled or thinning locks? Have a great hair day every day with our pick of goodies under £10

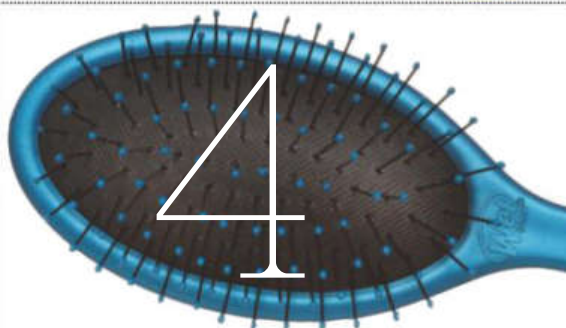
1 Go deep twice a week
L'Oréal Paris Hair Expertise EverStrong Nourishing Intense Mask, £7.30 Hair cuticles damaged by heat styling can leave roots fragile, so slather this on and simply leave on overnight.



2 Tame frizz
John Frieda Forever Smooth Anti-Frizz Primer, £9.99 Frizz happens when dry, porous hair sucks up moisture in the air, causing the hair shaft to swell. This primer binds to proteins inside the hair strand, preventing it from absorbing too much moisture and puffing up.



3 Enhance shine
TRESemmé Oleo Radiance Bi-Phase Conditioning Mist, £6.99 A hair oil and a detangling mist which seals split ends to give strands that reflect light, but without the greasy residue that can weigh hair down.





5

Prevent split ends
Lee Stafford Breaking Hair Leave in Treatment, £7.99 Give weak hair a little extra muscle with this balm which is packed with UV protection, hydrating lipids and amino acids - the building blocks of healthy hair.

6

Revive curls
Dove Quench Absolute Intensive Restoration Mask, £6.99 Enriched with moisturising buriti oil, omega-9 and keratin, this twice weekly mask helps restore shine and bounce.



7

The hair-friendly bobble
Invisibobble Hair Band in Candy Pink, £3.75 This places uneven pressure around a ponytail, allowing it to be held securely in place without being too tight.

8

Try a 'non-drying' dry shampoo
Klorane Dry Shampoo with Oat Milk, £8 This is enriched with protective oat milk extract, so as well as regaining freshness within minutes, hair feels softer to the touch.



9

Camouflage your roots
Charles Worthington Instant Root Concealer, £9.99 Colouring your hair too often can weaken it as a result of the ammonia and peroxide used in most dyes. In between appointments, spray this wash-off colour onto dry tresses until your roots are completely covered. It's available in five shades, from dark brown to light blonde.



10



Strengthen from within
Wassen We Beautify Silica-OK, £7.79 for 30 tablets Silica is a mineral that carries nutrients necessary for growth and vitality to the hair. The organic silica in these supplements comes from bamboo - take for more lustrous locks.



11

Inject some moisture
Pantene Pro-V Perfect Hydration Conditioner, £3.99 The beauty equivalent of a bottle of Evian, this uses only the tiniest hydrating molecules, so that they have more access to the hair's surface. Farewell, fly-away hair!

Brush right

Wet Brush Midi, £8.99 When your hair is wet it's most susceptible to stretching, which can cause ends to snap. The thin, super flexible bristles on this brush are designed to ensure next-to-no tugging, even when you're detangling post-wash knots.



12

Repair summer hair sins

Nanogen Thickening Treatment Conditioner, £8.99 Prolonged exposure to UV rays damages the proteins in your hair, leaving it dehydrated, dull and damaged. Restore shine and encourage healthy growth with this - leave on for two minutes for best results.



Don't catch that **COLD!**

Bug-proof your body all winter with our easy tips...

WASH YOUR HANDS!

Cold viruses live on hard surfaces such as door handles and tables. From there, they can get transferred to your hands, and then, if you touch your eyes or nose, find their way into your body and cause those dreaded symptoms. So one of the best ways to keep colds away is to wash your hands regularly. Do them thoroughly, with warm water and plenty of soap - don't skimp!



KEEP CALM

Long-term stress can lower your immunity, so try some mindfulness meditation. As well as helping to bolster your immune system, it can ease stress, according to research from the University of Calgary, Canada. Try the Calm app (Free, iOS & Android), which takes you through guided meditations.

CHEAT YOUR SUNSHINE

Research published in the Archives of Internal Medicine found low levels of vitamin D puts us at higher risk of colds and flu - which might be why we're more



susceptible during the winter months, when most of us are deficient.

Take a supplement, like DLux3000, £7.95/100 sprays, from Holland and Barrett and betteryou.com

TRY IMMUNE-BOOSTING HERBS

» **Echinacea** Taking it three times a day can cut the number and duration of colds by 26%, found one study. Try Viridian Echinacea, £13/60 caps, bodykind.com

» **Pelargonium** You might not have heard of it, but it's a popular supplement

in Germany. Research has found it enhances the action of immune cells called phagocytes. Try Schwabe Kaloba, £9.49/30 tablets, boots.com

» **Black elderberry** A traditional cold remedy that's thought to shore up your immune system. Try Sambucol Immuno Forte Pastilles, £6.99/20, sambucol.co.uk

GET YOUR ZZZZS

'Sleep restores your immune system overnight, so missing out can raise your risk of catching colds,' says Professor Ron Eccles, director of the Common Cold Centre at Cardiff University.

BOOST YOUR BACTERIA

The friendly form, that is. Good bacteria stimulate the immune response and have been shown to help increase the levels of a number of helpful immune system cells. Load up on live yogurt and other fermented foods, including sauerkraut and miso. Or try Bimuno Prebiotic Powder, £8.99/30 sachets, from Boots and bimuno.com

EAT MORE MEAT OR FISH

The reason? Both contain zinc, a mineral that's an immunity must-have and can stop the cold virus from replicating and causing symptoms. If you're vegetarian, take a supplement.

HAVE A SOCIAL LIFE

'The happiness we feel when we catch up with friends triggers the release of endorphins, the body's feel-good chemicals, and increases antibodies that help fight off disease,' says Boots pharmacist Angela Chalmers. Plus, your immunity's actually raised by being around other people's viruses. So a drink and a natter is a win-win situation.

HAVE A TIPPLE

Yes, really! Moderate alcohol intake, of around three units, may improve immunity, according to Professor Eccles. Time for a hot toddy...

IF THE LURGY DOES STRIKE...

Do

» **Take painkillers like ibuprofen or paracetamol.** They can really help with general symptoms, including aches and shivers.

» **Brew up chicken soup.** Research has found it contains a substance called carnosine, which works on the immune system to calm inflammation in the body, easing your symptoms.

» **Have lots of strong-flavoured hot drinks,** like honey and lemon. According to Professor Eccles, they're effective for soothing sore throats and coughs.



Don't

» **Go to your doctor.** There's nothing they can do to help - antibiotics don't work for viruses. But if you are feeling really unwell, especially if you have another condition such as asthma or diabetes, or you're pregnant, call the surgery for advice.

» **Rush out to buy cough medicine.** Evidence suggests it's no more effective than a glass of water.

» **Feel you have to stay off work.** 'The virus will already be spreading in the office, so you won't help anyone by staying home - they'll be exposed anyway,' says Professor Eccles.

THE ONE THING... that keeps us cold free



'Every day through winter I juice two apples, half a lemon and a decent chunk of ginger.'
Georgina Rippingale



'I use lots of garlic in menus, drink plenty of fluids and get lots of fresh air everyday.'
Mary Allen



'I swear by having manuka honey daily.'
Julie Paterson



'I have lots of fruit for vitamin C, and if that isn't helping, take a supplement.'
Lucy Spreadbury

Fashion * Beauty Diets * News * Food



Every Tuesday in
Woman magazine
womanmagazine.co.uk

woman
IT'S FOR
WOMEN
NOT
GIRLS

6 APPS that will change your life forever!

There are more than 1.5 million apps, but which really deserve to be downloaded?

1 Make sleep really count



SLEEP CYCLE £0.79, iOS; £0.99, Android

What is it? An intelligent alarm clock. Placed in

your bed, your phone monitors your movements - which alter during the different sleep cycles - to wake you up in your lightest sleep phase.

Life changer A good night's sleep is vital for maintaining energy levels, improving memory and boosting immunity, but being woken up at the wrong stage in your sleep cycle can undo all the good work.



2 Get it off your chest!



TALKSPACE THERAPY Free, iOS & Android

What is it? Need to vent about work stresses or talk

through a relationship issue? Talkspace offers the opportunity to discuss whatever's on your mind. You'll be paired with a compatible licensed therapist to chat through any issues.

Life changer Therapists can often be pricey with long waiting lists, but now you can get professional advice and support straight to your phone any time, any place for a set price.



3 Reach your goals

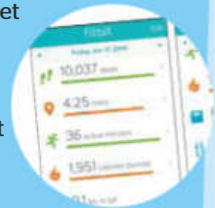


FITBIT Free, iOS & Android

What is it? Use it on its own (with an iPhone 5s, 6

or 6s) to track daily activity and runs, or invest in a Fitbit activity tracker and Aria Smart Scale for a complete lifestyle overview, monitoring calories burned, sleep and weight.

Life changer The ultimate motivational tool. Set up step, weight and activity goals, view your progress on graphs and connect with friends to get their support.



4 Become a better cook



SUBSTITUTIONS £2.29, iOS only

What is it? Ever got half way through a recipe only

to realise you've forgotten to buy a key ingredient? Search through the 700+ item database and it will suggest replacements for ingredients, eg switching buttermilk for half plain yogurt, half milk.

Life changer It means no more last-minute dashes to the shops. Plus it's ideal if you're aiming to lose weight or try a new diet, but still want to cook your favourite recipes - there are lower fat, gluten-free and veggie substitutions, plus alternatives for people with allergies.



5 Boost your brain power



HEADSPACE Free, iOS & Android

What is it? We invest in our bodies with exercise

and diets, but often neglect our minds. Give yours a little TLC with this easy-to-follow meditation guide. It teaches you the basics in just 10 minutes a day, including how to relax, breathe and train your mind to switch off.

Life changer Research shows regular meditation causes areas of your brain that generate stress to shrink. It can also improve sleep, focus and creativity. This allows you to reap the benefits 24/7.



6 Upgrade your run



TEMPORUN £0.79, iOS only

What is it? Music is a fab motivational exercise tool,

but nothing can ruin your momentum like a Mariah Carey ballad blasting through your earphones while you're going hell for leather on the treadmill. This app organises your playlist to match the speed you're moving at - songs are categorised between 1 (walk) and 10 (sprint).

Life changer A Brunel University study discovered that running to the tempo of your music increases your cardiovascular output by 15%. It's the best-value trainer you'll ever have.



Meet the natural beauty superheroes

Want healthy, glowing skin without the chemicals?
Our pick of the best natural buys will come to your rescue...

The wrinkle smoother

Neal's Yard Remedies

Frankincense Intense, £55.

Anti-ageing frankincense and plant extracts plump out skin and smooth wrinkles. No wonder it's a cult favourite.



The look younger all-rounder

Trilogy Rosehip Oil
Antioxidant +, £26.50.

Rosehip oil is rich in essential fatty acids and antioxidants - the perfect superboost.



Blemish buster

Dr. Organic Tea Tree Face Wash, £6.49.

Packed with antibacterial tea tree oil to help fight spots without stripping your skin.



Brightener

The Organic Pharmacy
Enzyme Peel Mask With Vitamin C & Papaya, £49.95.

This gel mask contains natural enzymes to blast away dead skin cells and leave skin glowing.



The fast freshener

Botanics 100% Organic Rosewater Toning Spritz, £5.99.

Quickly refreshes dull, sluggish skin - even after a late night. Just mist on after your cleanser.



TIP
Keep it in the fridge for a really refreshing spritz!

Silky skin saviour

Organic Surge Tropical Bergamot Skin Perfecting Body Scrub, £12.50. Getting scaly winter skin? Scrub up with this a couple of times a week and you'll have a soft, smooth body in no time.



Handbag hero

L'Occitane 100% Pure Mini Shea Butter, £8.50. Slip this little pot into your bag and use it on dry lips, to smooth down brows, moisturise dry patches and nourish cuticles.



Super soother

Burt's Bees Soap Bark & Chamomile Deep Cleansing Cream, £11.49. Melts away make-up gently, and the chamomile extract will calm skin while you cleanse.



Eye expert

Elemis Pro-Collagen Eye Renewal, £63. A rich, nourishing cream with anti-ageing seaweed extracts and amino acids to plump out fine lines.



Natural nails

Zoya Nail Polish, £11. Made without chemical nasties, such as formaldehyde. For autumn, try Anja, an opulent aubergine shade.



Fast-fix foundation

bareMinerals bareSkin Pure Brightening Serum Foundation SPF20, £26. An ultra-light mineral foundation with added vitamin C and lilac plant stem cells to nourish skin.



TIP
A great buy, as it's a foundation and serum in one!

Natural or organic?

NATURAL When it comes to skincare, the word has no legal meaning. The product probably contains some essential oils or plant extracts, but might also have lots of synthetic ingredients – you'll need to check the label to be sure.

ORGANIC To be certified organic by the Soil Association, a product can only include the word in its name if 95% of the ingredients are organic. However, if at least 70% of the ingredients are organic, a product can be certified, but has to state exactly the percentage of organic ingredients.

5 SKINCARE CHEMICALS TO AVOID

1 PARABENS Preservatives widely used in cosmetics. There have been concerns they may be linked with cancer, although it's unproven.

2 SODIUM LAURYL SULFATE Foaming ingredient that can cause skin irritation. Not to be confused with the much gentler sodium laureth sulfate.

3 FORMALDEHYDE A preservative that's been linked with allergies, commonly found in nail polish and make-up.

4 SYNTHETIC COLOURS Ingredients labelled FD&C or D&C are artificial colourants that can cause skin irritation.

5 PHTHALATES Chemicals used in plastics, but also found in hairspray, nail polish and perfumes. Possible links with hormone disruption.

DON'T MISS
the next issue of

fit & well

» **50 new ways** to
look and feel
younger – fast!

» **No time to
exercise?**

Our quickest
workout ever!

» **All day
energy guide**

PLUS

**Free-from
festive bakes
everyone
will love**

Only
£1.99

ON SALE 26 NOVEMBER

'Could a 9pm bedtime make me healthier?'

Some of the world's most successful women hit the hay early. Charlotte Haigh MacNeil finds out why

Anna Wintour, editor of *Vogue*, goes to bed at 10pm. Michelle Obama

turns the light out at 8, then wakes at an intimidating 4.30am for a workout. But getting an early night can apparently have far-reaching health benefits for all of us. According to researchers, we're designed for it - our ancestors would have slept when the sun went down. Packing in the sleep hours boosts immunity and cuts the risk of heart disease, obesity, diabetes and depression. And you're more likely to get more sleep if you go to bed early.

I wake at 6.30am whatever time I've gone to bed and often fall asleep on the sofa. So I'm clearly the sort of person who should be going to bed earlier. I decide on 9pm as my new regime.

New habits

The first night, bedtime approaches and I'm wide awake. But I have a relaxing bath and go to bed at 9 with my cat, Katsu, who immediately curls up and starts snoring. I watch him with envy. But I've only read a few pages of my book when my eyes start to feel heavy. I'm asleep by 9.30. It's a sound sleep, too - even

Just two minutes later, Katsu the cat was in the land of nod



It seems far too early to get some shut-eye, but on with the challenge...

when my husband, Kevin, comes to bed a bit later, I don't wake up. From the first night, I notice a difference. I wake up feeling brighter and more optimistic. Plus my skin looks fresher. Result!

To get to bed by 9pm you have to be organised with evening chores. You also have to avoid getting sucked into watching too much TV. For the first three nights, I'm disciplined, but on night four I rebel and stay up until a very rock 'n' roll 10pm,

watching *Don't Tell The Bride*. But most nights, I have a bath after dinner and go straight to bed, without watching any TV at all. Avoiding it seems to help me unwind faster, and getting quality sleep feels much more positive than flopping in front of the box.

Early to bed...

I steer clear of socialising for the sake of the experiment, but in the third week a friend I haven't seen for ages suggests dinner one night. We have a lovely evening, although my body's clearly fallen into its new pattern and I have to stifle a few yawns. I still get to bed at a respectable 11 and clock up just under seven hours' sleep.

But next morning the difference is shocking. I feel fuzzy-headed and need two cups of tea to get going. My skin looks duller, and the circles

under my eyes, which I'd always sworn were hereditary and nothing to do with lack of sleep, are more pronounced. What I notice more than anything, though, is how my mood is affected. During the day, I worry more, I feel less positive and more frazzled. And all afternoon, I dream of snuggling under my duvet at 9.

The verdict

My mum always says an hour before midnight is worth two hours after, and it seems she's right (don't tell her, okay?). I feel much happier, more in control, concentrate better and recently avoided a cold that was doing the rounds. Realistically, though, you can't have a social life or quality time with your partner. My compromise is not to worry at the weekend, but try to get to bed by 9.30 most nights during the week.





Does your confidence need a lift?

Why do some areas in life feel like a breeze, while others squash your self-esteem? Time to power up your weak spot

YOUR SOCIAL LIFE

Tick the statements that apply to you:

- ☐ Attending a dinner party where I know no one is my idea of hell.
- ☐ When friends post pictures of fun nights out on Facebook, I feel jealous I wasn't there.
- ☐ I often get that nagging feeling that I don't know enough about politics/the arts/world affairs/the stock market to contribute to conversation.
- ☐ When I meet someone new, I worry they'll find me boring.
- ☐ If I haven't seen a mate in a while, I get concerned that the friendship is fizzling out.

Ticked three or more?

If you find that other people make you feel inadequate, psychotherapist and coach Karen Meager (karenmeager.co.uk) has this advice:

» **Your ear is your secret weapon** 'Concentrate on listening, rather than worrying too much about yourself,' she says. 'Taking the focus off you and putting your attention onto them can quickly blitz anxiety.'

» **Be social media savvy** 'If Facebook gives you a serious case of FOMO, reduce the time you spend on it,' says Karen. 'And remember that people only post what they want to post - no one has a perfect life.'

YOUR BODY IMAGE

Tick the statements that apply to you:

- ☐ During sex I focus on my rolls of tummy flesh rather than pleasure.
- ☐ Pictures of myself on Facebook/Twitter/Instagram just don't measure up to those of my friends.
- ☐ My life would be far happier if I had trimmer legs/less wrinkles/glossier hair/could shed half a stone.
- ☐ Insecurities about my looks have stopped me from enjoying time with friends and family.
- ☐ I often avoid shopping for clothes because it leaves me feeling dispirited.

Ticked three or more?

A recent YouGov survey found that four in ten British women have hang-ups. Here's Karen's advice on busting insecurities:

» **Don't bat away compliments** 'If someone tells you you're hair is looking great or that dress looks brilliant on you, practise saying 'thank you' even if you're not really feeling it, as this will foster greater levels of confidence,' says Karen.

» **Be kind to yourself** 'Most people don't notice your flaws - we tend to

magnify them,' says Karen. 'Stand in front of a mirror in your underwear and look with an appreciative, not critical eye - it's all about perception.' Focus on what you like, not what you don't.



Don't let hang-ups ruin your life!

YOUR LOVE LIFE

Tick the statements that apply to you:

- ☐ I struggle to express what I really want in relationships.
- ☐ I'm convinced that my partner is better looking/funnier/more intelligent than me.
- ☐ I wouldn't have the guts to make the first move on someone I like.
- ☐ I'm constantly comparing my relationships to those of my friends.
- ☐ A bad date can make me feel terrible about myself weeks later.

Ticked three or more?

Whether you're single or coupled up, it's easy to feel vulnerable. Here's how to give a leg-up to your self-belief in love.

» **It's not all your fault** 'Floundering confidence often stems from bad past experiences, in which we often blame ourselves,' says Karen. 'Look at your worst relationship memories with fresh eyes and realise there were two of you in the relationship, who were equally to blame about what went wrong.'

» **Call on your friends** 'Whether you're single or in a long-term relationship, if you're having a blip, ask your friends to tell you what your best attributes are, and you'll soon appreciate why you deserve to be happy in love,' says Karen.

YOUR CAREER

Tick the statements that apply to you:

- ☐ Presenting to a boardroom full of colleagues fills me with dread.
- ☐ Ask for a pay rise? Forget it! My boss will never agree.
- ☐ I wouldn't apply for a slightly more senior role.
- ☐ I worry that my boss thinks I'm not up to my job.
- ☐ When I make a mistake at work, I spend weeks afterwards analysing what went wrong.

Ticked three or more?

You could be experiencing a crisis in career confidence. Here's how to keep the faith.

» **Have a career crush** 'Role models are crucial in harnessing confidence, so if there is someone in your industry you really admire, be brave and send them an email asking if they fancy a coffee,' says Karen.

» **Look how far you've come** 'It's easy to forget what you've actually learnt in your career. Make notes of

past successes and learnings in your work life, and you'll feel ready for anything,' says Karen. Give affirmations a go, too. Write out statements such as, 'I am brilliant at my job', and stand in front of a mirror as you say them. Repeat every day - and believe them!

Keep on climbing that career ladder



woman&home

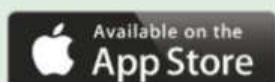
Eating Smart

Tasty inspiration
for baking,
entertaining
and more

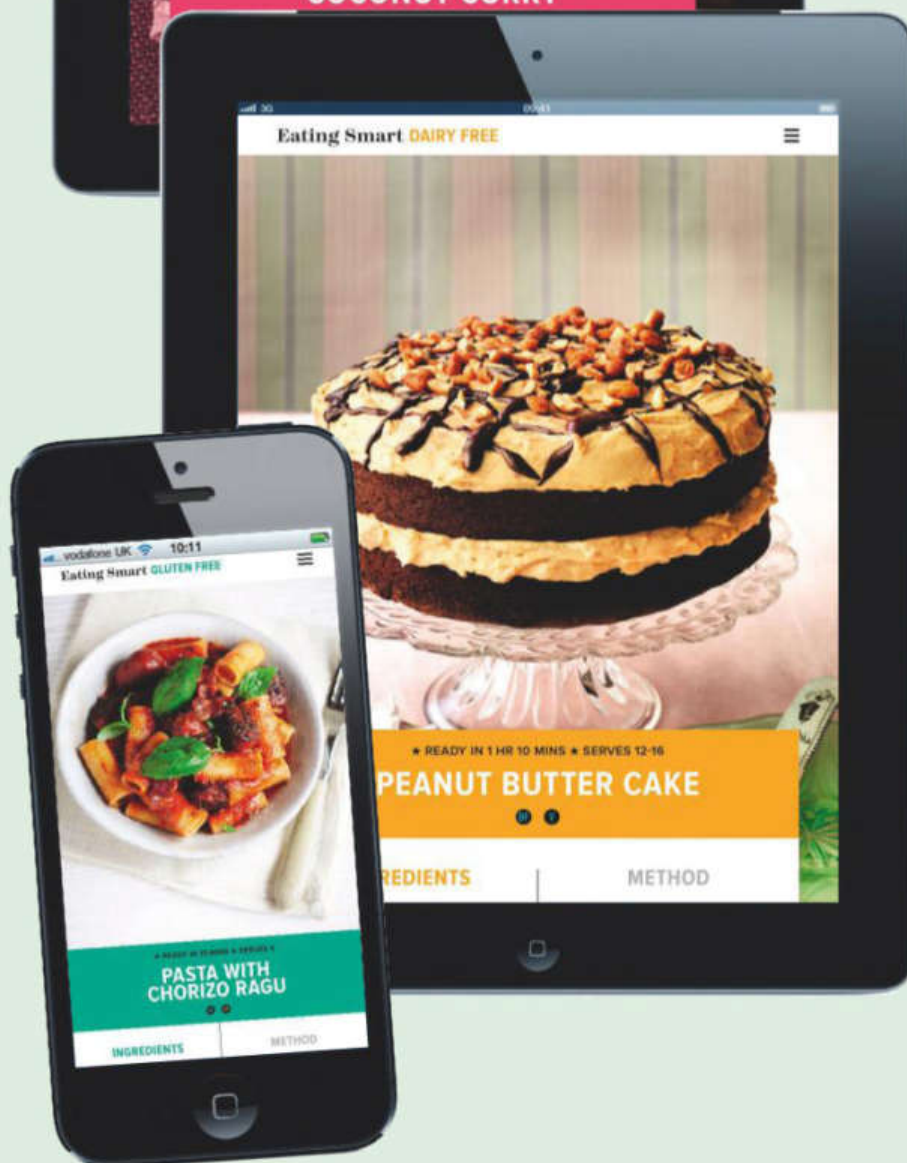
Quick and
easy recipes

Delicious ideas
for cooking dairy
free, gluten free
or vegan

Find on the App Store*



NEW
FREE
APP!



*BUNDLES CHARGED AT 99P

10
minute
challenge

BOOST YOUR ENERGY

with vitamin N!

You won't find it in any superfoods, but it's all around and will do you the power of good

Never heard of vitamin N? 'N' stands for nature - and there's lots of research to show spending time outdoors is good for your wellbeing. But it's getting up and out early in the day that really counts at this time of year. Our body clock takes the darkness as a cue to hibernate and get lots of sleep, which is why we feel sluggish and tired during the autumn and winter. To keep your energy and mood on track, one of the best things you can do is get some early morning daylight. This resets your body clock, giving you a zap of vitality. Your challenge is to make sure you do this every morning - just 10 minutes is enough to make a difference, so you can feel the results.

1 BUILD IN A WALK

Let's face it, most of us are in a rush in the morning, so it can be hard to fit in exercise. Make it part of your day by walking to the gym for your morning workout session, or heading to a bus stop or station that's slightly further away.

2 SAY 'OM'

Start your day with some meditation in the early morning light. Okay, it's a bit too cold to sit outdoors, but reap the benefits by meditating by a window, so you get that shot of daylight. Seasoned meditators swear by going zen early in the morning - it's the best time of day to clear your mind. Set the timer on your phone and simply focus on your breathing.

3 SWITCH TO AN EARLY WORKOUT

Studies show morning runners tend to stick to their workout plans more consistently than people who run in the evenings. And now you've got an added reason for an early jog. Not a runner? Grab a rope and have a 10-minute skipping session in the garden.

4 EAT YOUR BREAKFAST BY THE WINDOW

And make sure you sit there for 10 minutes. Practise mindful eating, putting your cutlery down while you're chewing. Get rid of distractions - don't have a TV or radio on and leave your smartphone alone. No, it's not as beneficial as being outside, but it's the next best thing.

Shift lbs, too!

A recent study found people who get outdoors early have a lower BMI - because boosting your body clock has an effect on your metabolism.

Take the challenge!

Tick off each day from 1 to 30 each time you get up, get outside and enjoy the first light of the morning - no matter how cold it is!

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30



MARY KAY SKINVIGORATE CLEANSING BRUSH, £35



TESTER Lucy
Parley, Senior
Sub-editor

With two

small children, a hectic life and not enough sleep, my skin has started to look dull and show the signs of ageing. I want an easy, time-friendly way to refresh and energise my complexion.

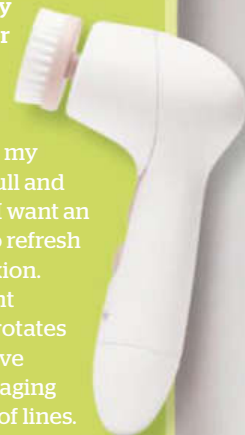
WHAT IS IT? A lightweight power brush that gently rotates to cleanse skin and remove make-up, while also massaging to soften the appearance of lines. Just wet the brush, apply cleanser and spend 15 seconds on each area.

BEST BITS In the same way my teeth only feel truly clean when I use an electric toothbrush, this has a similar effect on my skin. It left my face smooth, with a post-workout type glow.

DOWNSIDES It doesn't come with a cap to keep the brush clean.

GET THE MOST OUT

OF IT It's a bit of a pore-opener, so rinse with cold water to tighten them up again.



**BEST
FOR**

Low-cost
facials

Can a gadget **MAKE YOU YOUNGER?**

Not content with slapping on anti-wrinkle cream, women are turning to tech to turn back the clock. But do these devices work? We put them to the test...

HOMEDICS NEWA FOR AGELESS SKIN, £199



TESTER Felicity Barnum-Bobb, Food Editor. I want to plump up wrinkles on my forehead and reduce lines.

WHAT IS IT? A non-invasive device that helps plump and tighten skin. How? The positive and negative electrodes repel each other, causing heat, which then penetrates deep into your skin to reactivate natural collagen production - this can decline as we age.

BEST BITS It's easy to do at home yourself (once you figure out how it works!). Simply apply the Newa Activator gel onto the device, hold to your face and switch on. Move in circular motions for four minutes, after which the device will vibrate to

indicate the end of treatment. It made my skin feel tighter and, after a couple of weeks' use, my wrinkles are less defined.

DOWNSIDES It took me a while to work out how to use it. Plus, it's rather pricey so you need to be really worried about your wrinkles to make it worth your while.

GET THE MOST OUT OF IT Four minutes can seem like a big chunk out of your morning. Use it when you're watching TV in the evening and not in a rush, so you can dedicate time to it.

BEST FOR
Serious wrinkle busters!



SENSIO SPA FACE LIFT AND FIRMER, £50



TESTER Charlotte Haigh MacNeil, Features Editor. Since turning 40, I'm keen to nip signs of ageing in the bud.

WHAT IS IT? An electronic stimulation device that firms facial muscles, and has red light therapy to boost collagen.

BEST BITS You adjust the pads to sit on the parts of your face you want to target. I didn't notice huge differences after a week, but I'm sure my skin looked a bit brighter.

DOWNSIDES It was tricky to adjust the position on the pads.

GET THE MOST OUT OF IT Use it while sitting, as it's easier to keep it in place.

BEST FOR

Tightening your jawline



PHILIPS VISAPURE ESSENTIAL FACIAL CLEANSING DEVICE, £150



TESTER Sara Nuwar, Consultant Celebrity Editor. I need something to help combat London pollution and leave my skin looking radiant.

WHAT IS IT? A cleansing brush that rotates and vibrates to gently break up dirt, dead skin cells and make-up residue.

BEST BITS My skin feels softer and cleaner, as the device has removed dead skin from my cheeks and forehead.

DOWNSIDES It feels very soft at first, but even on the gentle setting with a softer brush, after a few seconds it starts to make your skin tingle and sting a little. It did feel a bit raw afterwards.

GET THE MOST OUT OF IT I've only used it for a week and a half, but after a month or two I think you'd really notice a difference.

BEST FOR

Busting city grime



LOVE MY SKIN ANTI-AGEING COMPACT, £99.99



TESTER Sarah Tully, Picture Editor. I haven't tried any

anti-ageing beauty gizmos before, but this looked like a fuss-free device that I could put to use during my busy working mum schedule.

WHAT IS IT? A lightweight gadget with LEDs that uses red light therapy to stimulate the skin's collagen, helping your face look firmer, plumper and smoother.

BEST BITS Compact by name, compact by nature - it fits easily into a washbag, so you can take it away with you. It's also easy to use - I pressed the start button and put it against my skin for one minute. When the treatment finished, it switched itself off. It made my skin feel plumper and less lined.

BEST FOR

A fuss-free face-lift



DOWNSIDES

Ideally, you should use the device twice a day, on cleansed skin. This means I need to add in extra time in my morning routine to use it, rather than using it on the go. Although I couldn't apply it to my face in my lunch break, I could give my hands and neck a quick blitz.

GET THE MOST OUT OF IT Use it in winter to give your dull, tired complexion an extra boost - you'll notice the biggest difference.

THE ONE THING...

Strictly pro dancer Kristina Rihanoff, 38, reveals the things that make her tick

...that makes me feel confident

Is being in shape. I'm no different to any other woman - I have 'fat' days too. After *Strictly* ends I can gain a bit of a weight, so I make sure I keep my workout regime on track.



...that helps me de-stress

Is yoga. I try to go once a week to Bikram yoga. It's ideal for helping your body recuperate after an intensive dance session.

...that makes me happy

Is dancing. It doesn't matter what is going on in my life, when I dance I don't think about anything else. It's almost like therapy.

...I do to stay healthy

Is drink a big glass of water with aloe vera juice every morning. It's an amazing detoxifier and helps kick-start my metabolism first thing.



Kristina starts her mornings with water and aloe vera juice



This year, Kristina was partnered with Daniel O'Donnell

...that helps me get out of bed in the morning

Is my job. Everyone needs a reason to get up and dancing gives me that incentive.

...I can't live without

Is a bottle of water. You need to drink lots of water during the day to stay healthy and keep your body functioning properly. Hydration is key, especially when you're exercising as much as I am.

...I always have in my bag

Is Elemis eye patches. I put them on 20 minutes before I go on stage and feel rejuvenated. It's taken me a long time to find the right skincare for my combination skin.



» The new season of *Strictly Come Dancing* is on Saturday nights on BBC One

Tweet your tip!



Kristina wants to know the one thing that motivates you. Share your top tips @fitandwellmag using #theonething

5:2 COMPLETE MEAL PLANNER

101 RECIPES FOR YOUR FAST DAYS

SPECIAL OFFER

TURBO-CHARGE YOUR DIET WITH THE ULTIMATE 5:2 AND JUICE DIET BUNDLE - TWO GREAT DIET APPS FOR £2.49 IN THE APPLE APP STORE NOW!

GREEN JUICE DETOX

NEW RECIPES!

**5:2
DIET**

Complete meal planner

Breakfast Lunch Dinner Snacks

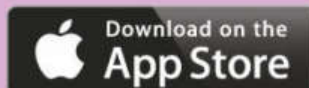


**EGG-TOPPED
PORTOBELLO
MUSHROOM**

Recipe

ADD TO YOUR PLANNER WITH TWO NEW RECIPE COLLECTIONS

AVAILABLE ON ANDROID, IPAD AND IPHONE



PRICES SHOWN ARE UK ONLY, AND PRICES MAY VARY ACROSS DIFFERENT APP STORE TERRITORIES. PRICE IS SUBJECT TO CHANGE DUE TO 'COMPLETE MY BUNDLE' T&CS.

**ONLY
£1.99**

MAKE YOUR **DREAM HOME** A REALITY



FOR 1,000S OF FRESH NEW DECORATING IDEAS, VISIT

housetohome.co.uk
CREATE A LOOK YOU'LL LOVE

ROOM INSPIRATION • HOUSE TOURS • SHOPPING • HOW-TO ADVICE